

SYSTEM 7000

CROSS TRAINER

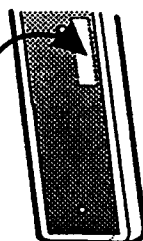
MODEL 70042

MODEL NO. 70042

SERIAL NO.

Write serial number in the space above for reference.

SERIAL
NUMBER
DECAL
Located
rear of
Backrest



WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The ASSEMBLY MANUAL

MODEL NUMBER of this UNIT

PART NAME or DESCRIPTION

ORDERING NUMBER

THE QUANTITY of each part that you need.

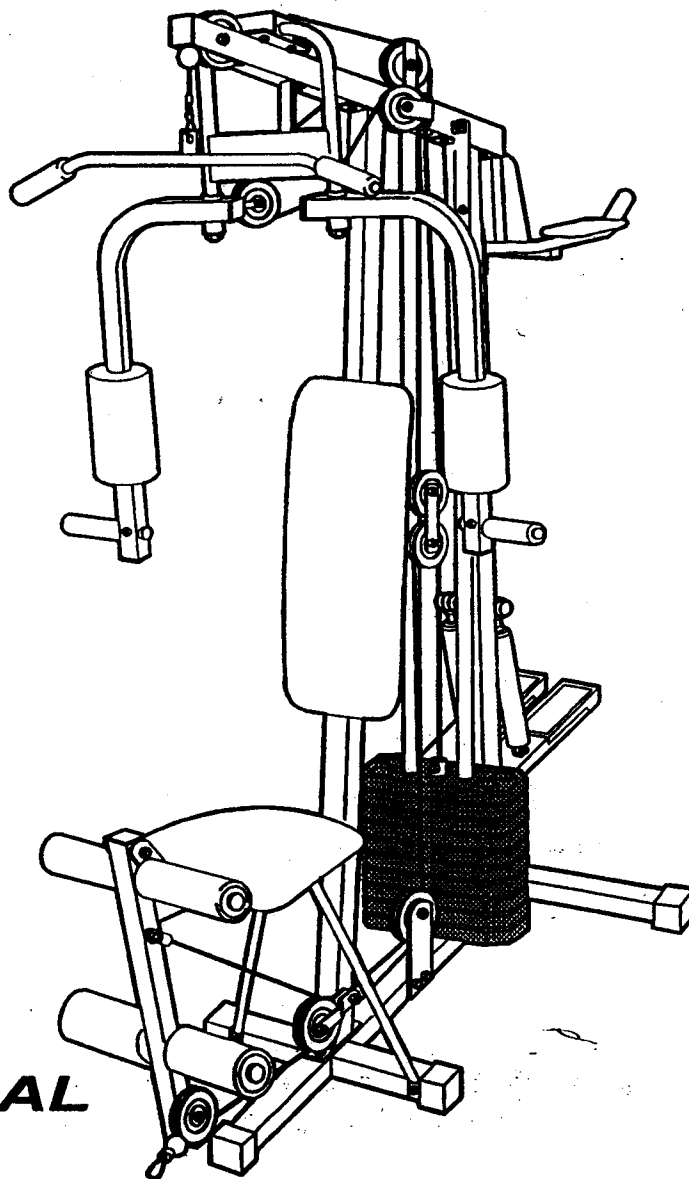
THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.

weider.

OWNER'S MANUAL

MADE IN CANADA



WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

WEIDER SPORTING GOODS INC.
21100 Erwin Street, Woodland Hills, CA. 91367 USA

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Keep small children away from this equipment during use.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

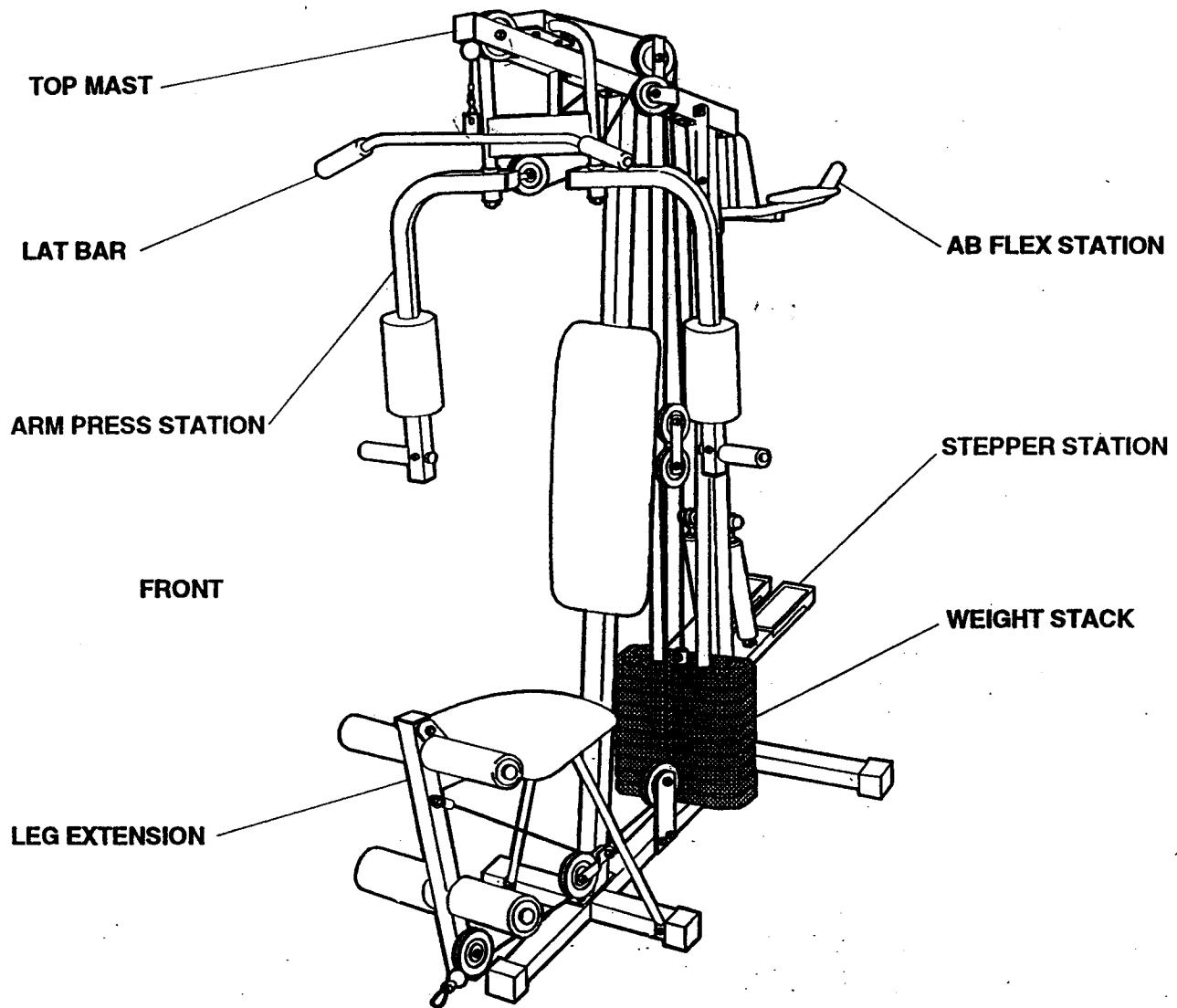
SAVE THESE INSTRUCTIONS

INTRODUCTION

Thank you for choosing the **WEIDER SYSTEM 7000**. Your home gym is designed and engineered to give you many hours of weight and aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains maintenance tips and parts information.

Please take the time to read all the information contained in this manual and after assembly is completed keep it for future reference.



MAINTENANCE TIPS

Keeping your **SYSTEM 7000** in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check fasteners, nuts, bolts, and caps to see that they are tight and fitted properly.
2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.
3. Painted surfaces can be cleaned with a soft cloth and mild, non-abrasive detergent.

70042 PART LIST

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	BASE "T"	1	C3211-F29*F76
2	REAR BASE	1	C3212-F29*F76
3	STEPPER FRAME UPRIGHT	1	C1259-F76*F76
4	ARM PRESS FRAME UPRIGHT	1	C3214-F29*F76
5	SEAT FRAME	1	C4191-F76*F76
6	PULLEY PLATE	1	C6775-F29*F76
7	STEPPER BRACE	1	C6776-F29*F76
8	TOP FRAME	1	C3216-F29*F76
9	ARM PRESS BRACKET	1	C6777-F29*F76
10	SEAT BRACE	1	C6778-F29*F76
11	SEAT MOUNTING PLATE	1	C6779-F29*F76
12	WEIGHT PLATE 12.5 LB.	10	BB-0325*F76
13	WEIGHT SELECTOR TUBE	1	C6384-F29*F76
14	GUIDE ROD	2	C6827-F29*F76
15	SEAT	1	C1417-F76*F76
16	BACKREST	1	C1418-F76*F76
17	LEG EXTENSION TUBE	1	C3217-F29*F76
18	PAD BAR 3/4" X 12 1/2"	1	C6371-F20*F76
19	PAD BAR 3/4" X 13 1/2"	1	C6357-F03*F76
20	FOAM ROLLER 3" X 5 3/4"	2	C0454-E04*F76
21	FOAM ROLLER 2 1/4" X 6"	2	C0449-E08*F76
22	ARM PRESS ASSEMBLY	1	C3218-F29*F76
23	ARM PRESS BUSHING	2	AA-8208*F76
24	ARM PRESS CAP	1	C6783-F29*F76
25	PEC-DECK ARM	2	C4192-F76*F76
26	U-BRACKET	3	C6780-F29*F76
27	ARM PRESS HANDLE	2	C6385-F29*F76
28	PULLEY BRACKET	2	C6781-F29*F76
29	PULLEY TRAP BRACKET	1	C6782-F29*F76
30	FOAM ROLLER 3 1/4" X 7"	2	C0467-F23*F76
31	STEPPER PEDAL 1" X 3" RIGHT	1	C3220-F29*F76
32	STEPPER PEDAL 1" X 3" LEFT	1	C3220-F29*F76
33	RESISTANCE CYLINDER	2	ZZ-0006*F76
34	CYLINDER MOUNTING BRACKET	2	C6742-E28*F76
35	FOOT PADS	2	AA-8209*F76
37	PEC-DECK CABLE 127" LONG	1	C6637-F29*F76
38	WEIGHT STACK CABLE 79" LONG	1	C6638-F29*F76
39	LEG EXTENSION CABLE 49" LONG	1	C6639-F29*F76
40	LAT BAR	1	C6269-F29*F76

70042 PART LIST

DIAGRAM NO	PART NAME	QTY	ORDERING NO
41	FOAM GRIP 1" X 5"	6	C0439-D19*F76
42	CABLE TRAP BRACKET	4	C6725-E28*F76
43	BENT PULLEY BRACKET	2	C6726-E28*F76
44	AB FLEX ARM CONNECTOR TUBE	1	C6992-F76*F76
45	AB FLEX ARM	1	C4190-F76*F76
50	4 1/2" PULLEY	4	AA-8122*F76
51	3 1/2" PULLEY	6	AA-8133*F76
52	PULLEY CONNECTOR PLATE	2	C6700-D23*F76
60	5/16" X 2 1/4" HEX HEAD BOLT	9	HH-5199*F76
61	5/16" X 2 1/2" HEX HEAD BOLT	3	HH-5053*F76
62	5/16" X 2 3/4" HEX HEAD BOLT	10	HH-5858*F76
63	5/16" X 3" HEX HEAD BOLT	3	HH-5167*F76
64	5/16" X 1" HEX HEAD BOLT	2	HH-5332*F76
65	5/16" X 1 1/2" HEX HEAD BOLT	5	HH-5312*F76
66	5/16" X 2" HEX HEAD BOLT	6	HH-5054*F76
67	5/16" X 3 1/4" HEX HEAD BOLT	1	HH-5297*F76
68	5/16" X 3/4" HEX HEAD BOLT	1	HH-5245*F76
70	5/16" FLAT WASHER	29	HH-5127*F76
71	5/16" NYLON LOCK NUT	40	HH-5012*F76
72	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018*F76
73	3/8" X 1 3/4" HEX HEAD BOLT	9	HH-5308*F76
74	3/8" X 2 3/4" HEX HEAD BOLT	1	HH-5036*F76
78	3/8" FLAT WASHER	4	HH-5265*F76
79	3/8" NYLON LOCK NUT	11	HH-5088*F76
80	1/4" X 2" CARRIAGE BOLT	2	HH-5338*F76
81	1/4" X 3/4" MACHINE SCREW	14	HH-5022*F76
82	1/4" X 2 1/2" MACHINE SCREW	2	HH-5044*F76
83	1/4" X 1 1/2" HEX HEAD BOLT	2	HH-5027*F76
84	1/4" X 1 3/4" HEX HEAD BOLT	1	HH-5024*F76
85	1/4" X 2 3/4" MACHINE SCREW	2	HH-5326*F76
86	1/4" FLAT WASHER	7	HH-5048*F76
87	1/4" NYLON LOCK NUT	11	HH-5011*F76
88	#8 SHEET METAL SCREW	4	HH-5449*F76
89	LATCH HOOK	1	WW-7042*F76
90	1 1/8" X 2 1/2" PLASTIC BUSHING	2	AA-8210*F76
91	1/2" X 1/2" ZINC BUSHING	1	HH-5459*F76
92	SPACER 1/2"	2	HH-5346*F76
93	1 1/2" SQUARE PLASTIC INSERT CAP	5	AA-8001*F76
94	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*F76
95	2" SQUARE PLASTIC COVER CAP	5	AA-8015*F76
96	2" SQUARE PLASTIC INSERT CAP	2	AA-8002*F76

70042 PART LIST

DIAGRAM NO	PART NAME	QTY	ORDERING NO
97	1 1/4" SQUARE PLASTIC INSERT CAP	4	AA-8069*F76
98	3/4" ROUND PLASTIC INSERT CAP	4	AA-8004*F76
99	1" ROUND PLASTIC INSERT CAP	8	AA-8005*F76
100	1" ROUND PLASTIC COVER CAP	2	HH-5348*F76
102	5/8" RETAINER RING	2	HH-5422*F76
103	1" RETAINER RING	2	HH-5423*F76
104	1 1/4" SQUARE END BUSHING	4	AA-8203*F76
105	1" OD X 1" LONG BUSHING	1	AA-8211*F76
106	9/32" LONG METAL SPACER	2	HH-5519*F76
107	5/8" ID FLAIR END SPACER BUSHING	2	AA-8148*F76
108	5/8" ID PLASTIC SPACER	2	AA-8146*F76
110	WEIGHT SELECTOR END TUBE CAP	1	AA-8123*F76
111	TENSION KNOB	2	HH-5400*F76
112	1 3/16" X 2" LARGE WASHER	2	HH-5460*F76
113	3/8" X 5 1/2" WEIGHT SELECTOR PIN	1	WW-7013*F76
114	LARGE RUBBER WASHER	2	AA-8124*F76
115	LOCKING PIN 5/16" X 5"	2	WW-7065*F76
116	AB FLEX BACKREST	1	C1420-F76*F76
117	AB FLEX ARM PAD	2	C1419-F76*F76
118	BACK SUPPORT BRACKET	1	C6993-F76*F76
119	1/4" X 1 1/4" MACHINE SCREW	2	HH-5271*F76
120	WEIGHT PLATE DECAL	1 SET	DE-4286*F76
121	STATION 1 DECAL	1	DE-4286*F76
122	POWER STACK DECAL	1	DE-4286*F76
123	ULTRA FORCE XT DECAL	2	DE-4286*F76
124	STATION 2 DECAL	1	DE-4286*F76
125	STEPPER RESISTANCE DECAL	2	DE-4286*F76
125	VERTICAL AB FLEX DECAL	1	DE-4286*F76
	ASSEMBLY MANUAL	1	CNN-1253*F76
	TRAINING MANUAL	1	CNN-1254*F76
	HARDWARE BAGS		
	STEPS 1-4	1	C8784-F76*F76
	STEPS 5-9	1	C8785-F76*F76
	STEPS 10-13	1	C8786-F76*F76
	STEPS 14-18	1	C8787-F76*F76
	PULLEYS	1	C8788-F76*F76

ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.

2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.

3. Before ordering parts by phone have ready the following information to expedite your order:

- a. Name of the product (SYSTEM 7000)
- b. Model number of product (70042)
- c. Serial number of the product located on a decal on the frame
(See front cover for location of decal)
- d. Ordering number of part (See Parts List page.)
- e. Description of the part from the Parts List page
- f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

Weider Sporting Goods

Parts Service Department

900 West St. John Street

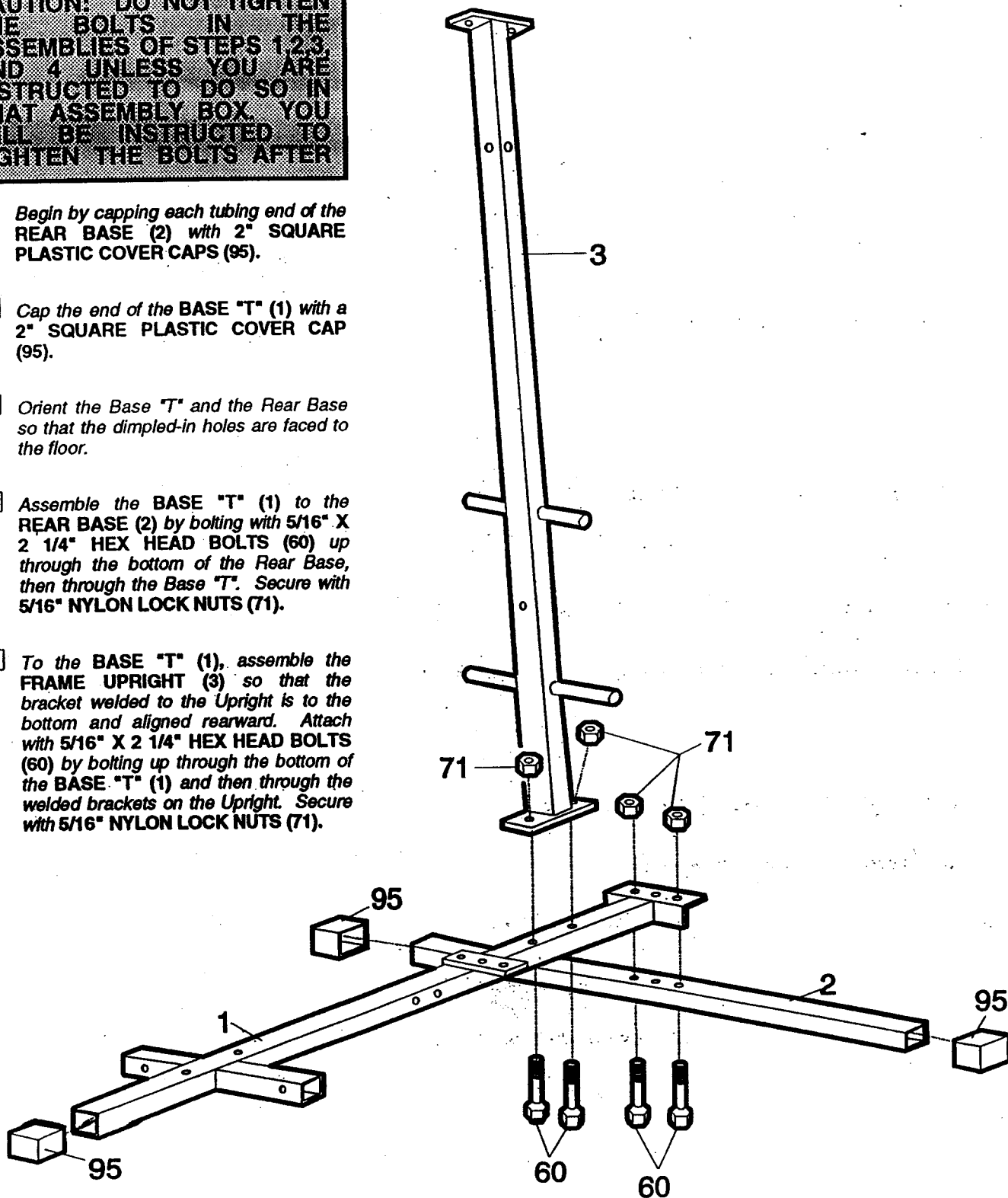
Olney, Illinois 62450

STEP 1 BASE FRAME ASSEMBLY

PART NAME	QTY
60 5/16" X 2 1/4" HEX HEAD BOLT	4
71 5/16" NYLON LOCK NUT	4
95 2" SQUARE PLASTIC COVER CAP	3

CAUTION: DO NOT TIGHTEN THE BOLTS IN THE ASSEMBLIES OF STEPS 1, 2, 3, AND 4 UNLESS YOU ARE INSTRUCTED TO DO SO IN THAT ASSEMBLY BOX. YOU WILL BE INSTRUCTED TO TIGHTEN THE BOLTS AFTER

- ☐ Begin by capping each tubing end of the REAR BASE (2) with 2" SQUARE PLASTIC COVER CAPS (95).
- ☐ Cap the end of the BASE "T" (1) with a 2" SQUARE PLASTIC COVER CAP (95).
- ☐ Orient the Base "T" and the Rear Base so that the dimpled-in holes are faced to the floor.
- ☐ Assemble the BASE "T" (1) to the REAR BASE (2) by bolting with 5/16" X 2 1/4" HEX HEAD BOLTS (60) up through the bottom of the Rear Base, then through the Base "T". Secure with 5/16" NYLON LOCK NUTS (71).
- ☐ To the BASE "T" (1), assemble the FRAME UPRIGHT (3) so that the bracket welded to the Upright is to the bottom and aligned rearward. Attach with 5/16" X 2 1/4" HEX HEAD BOLTS (60) by bolting up through the bottom of the BASE "T" (1) and then through the welded brackets on the Upright. Secure with 5/16" NYLON LOCK NUTS (71).



STEP 2 ARM PRESS & SEAT FRAME ASSEMBLY

PART NAME	QTY
60 5/16" X 2 1/4" HEX HEAD BOLT	2
61 5/16" X 2 1/2" HEX HEAD BOLT	2
62 5/16" X 2 3/4" HEX HEAD BOLT	2
70 5/16" FLAT WASHER	4
71 5/16" NYLON LOCK NUT	6
93 1 1/2" SQUARE PLASTIC INSERT CAP	1
97 1 1/4" SQUARE PLASTIC INSERT CAP	1

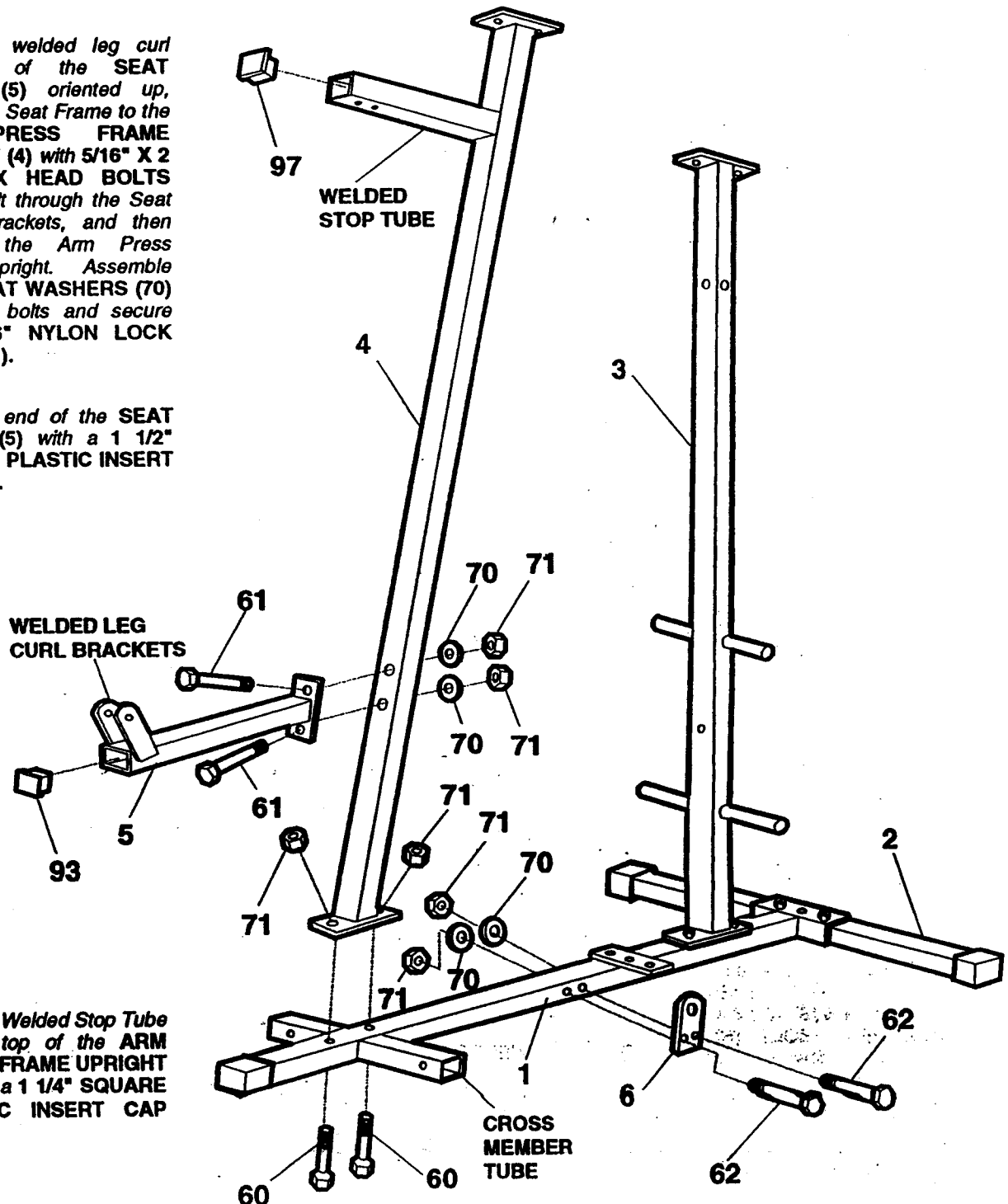
☐ Assemble a PULLEY PLATE (6) to the side of the BASE "T" (1) by bolting with 5/16" X 2 3/4" HEX HEAD BOLTS (62) through the Plate and then through the Base "T". Assemble on 5/16" FLAT WASHERS (70) and secure with 5/16" NYLON LOCK NUTS (71).

☐ To the front of the BASE "T" (1)-at the Cross-member tube, assemble the ARM PRESS FRAME UPRIGHT (4). Using 5/16" X 2 1/4" HEX HEAD BOLTS (60) bolt up through the bottom of the Base "T" and then through the welded brackets of the Upright. Secure with 5/16" NYLON LOCK NUTS (71).

☐ With the welded leg curl brackets of the SEAT FRAME (5) oriented up, attach the Seat Frame to the ARM PRESS FRAME UPRIGHT (4) with 5/16" X 2 1/2" HEX HEAD BOLTS (61). Bolt through the Seat Frame brackets, and then through the Arm Press Frame Upright. Assemble 5/16" FLAT WASHERS (70) onto the bolts and secure with 5/16" NYLON LOCK NUTS (71).

☐ Cap the end of the SEAT FRAME (5) with a 1 1/2" SQUARE PLASTIC INSERT CAP (93).

☐ Cap the Welded Stop Tube at the top of the ARM PRESS FRAME UPRIGHT (4) with a 1 1/4" SQUARE PLASTIC INSERT CAP (97).

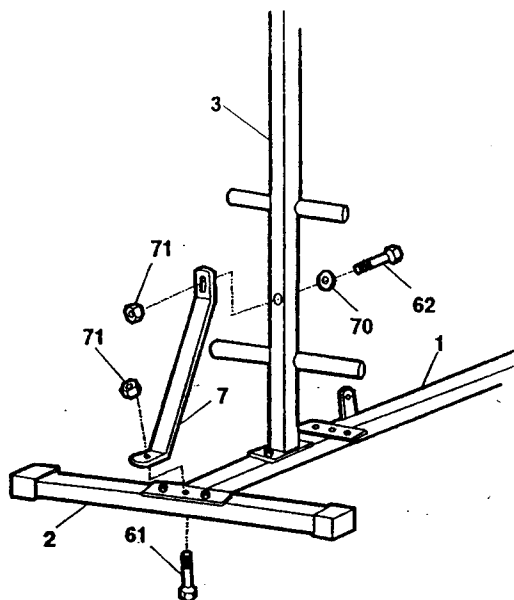


STEP 3 STEPPER BRACE ASSEMBLY

PART NAME	QTY
61 5/16" X 2 1/2" HEX HEAD BOLT	1
62 5/16" X 2 3/4" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	1
71 5/16" NYLON LOCK NUT	2

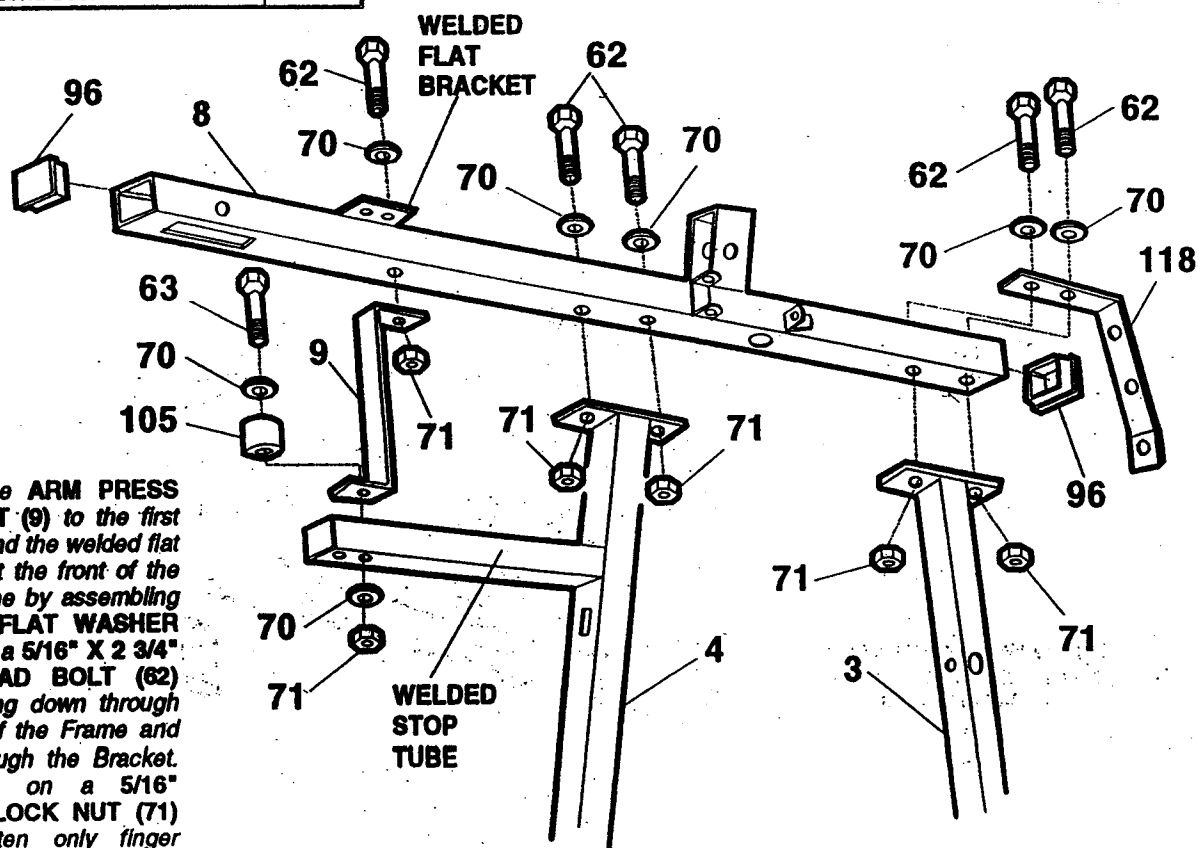
- ☐ Attach the end of the STEPPER BRACE (7) with the round hole to the REAR BASE (2) by bolting with a 5/16" X 2 1/2" HEX HEAD BOLT (61) up through the Rear Base and then through the Brace. Secure with a 5/16" NYLON LOCK NUT (71).

- ☐ Assemble the upper Brace with the slotted hole to the STEPPER UPRIGHT (3) using a 5/16" X 2 3/4" HEX HEAD BOLT (62) and bolt through the Upright and then the Brace. Assemble on a 5/16" FLAT WASHER (70) and secure with a 5/16" NYLON LOCK NUT (71).

**STEP 4 TOP FRAME ASSEMBLY**

PART NAME	QTY
62 5/16" X 2 3/4" HEX HEAD BOLT	5
63 5/16" X 3" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	7
71 5/16" NYLON LOCK NUT	6
96 2" SQUARE PLASTIC INSERT CAP	2
105 1" O.D. X 1" LONG BUSHING	1

- ☐ Assemble 5/16" FLAT WASHERS (70) onto two 5/16" X 2 3/4" HEX HEAD BOLTS (62) and attach the BACK SUPPORT BRACKET (118) and the TOP FRAME (8) to the top of the STEPPER UPRIGHT (3) by bolting down through the Back Support Bracket and then through the Top Frame and finally through the brackets of the Stepper Upright. Secure with 5/16" NYLON LOCK NUTS (71). Tighten only finger tight.



- ☐ Attach the ARM PRESS BRACKET (9) to the first hole behind the welded flat bracket at the front of the Top Frame by assembling a 5/16" FLAT WASHER (70) onto a 5/16" X 2 3/4" HEX HEAD BOLT (62) and bolting down through the top of the Frame and then through the Bracket. Assemble on a 5/16" NYLON LOCK NUT (71) and tighten only finger tight.

- ☐ Assemble 5/16" FLAT WASHERS (70) onto two 5/16" X 2 3/4" HEX HEAD BOLTS (62) and attach the TOP FRAME (8) to the ARM PRESS FRAME UPRIGHT (4) by bolting down through the top of the Top Frame and then through the brackets of the Upright. Fasten with 5/16" NYLON LOCK NUTS (71) and tighten only finger tight.
- ☐ Attach the bottom of the ARM PRESS BRACKET (9) to the Welded Stop Tube on the ARM PRESS UPRIGHT (4) by assembling a 5/16" FLAT WASHER (70) and a 1" O.D. X 1" LONG BUSHING (105) onto a 5/16" X 3" HEX HEAD BOLT (63) and bolting down through the Arm Press Bracket and then through the Welded Stop Tube. Assemble on another 5/16" FLAT WASHER (70) and secure with a 5/16" NYLON LOCK NUT (71) only finger tight.
- ☐ Cap each end of the Top Frame with 2" SQUARE PLASTIC INSERT CAPS (96).

TAKE THE TIME NOW TO TIGHTEN ALL BOLTS OF THE FRAME THAT WERE LEFT UNTIGHTENED FROM THE LAST 4 STEPS.

STEP 5 SEAT BRACE ASSEMBLY

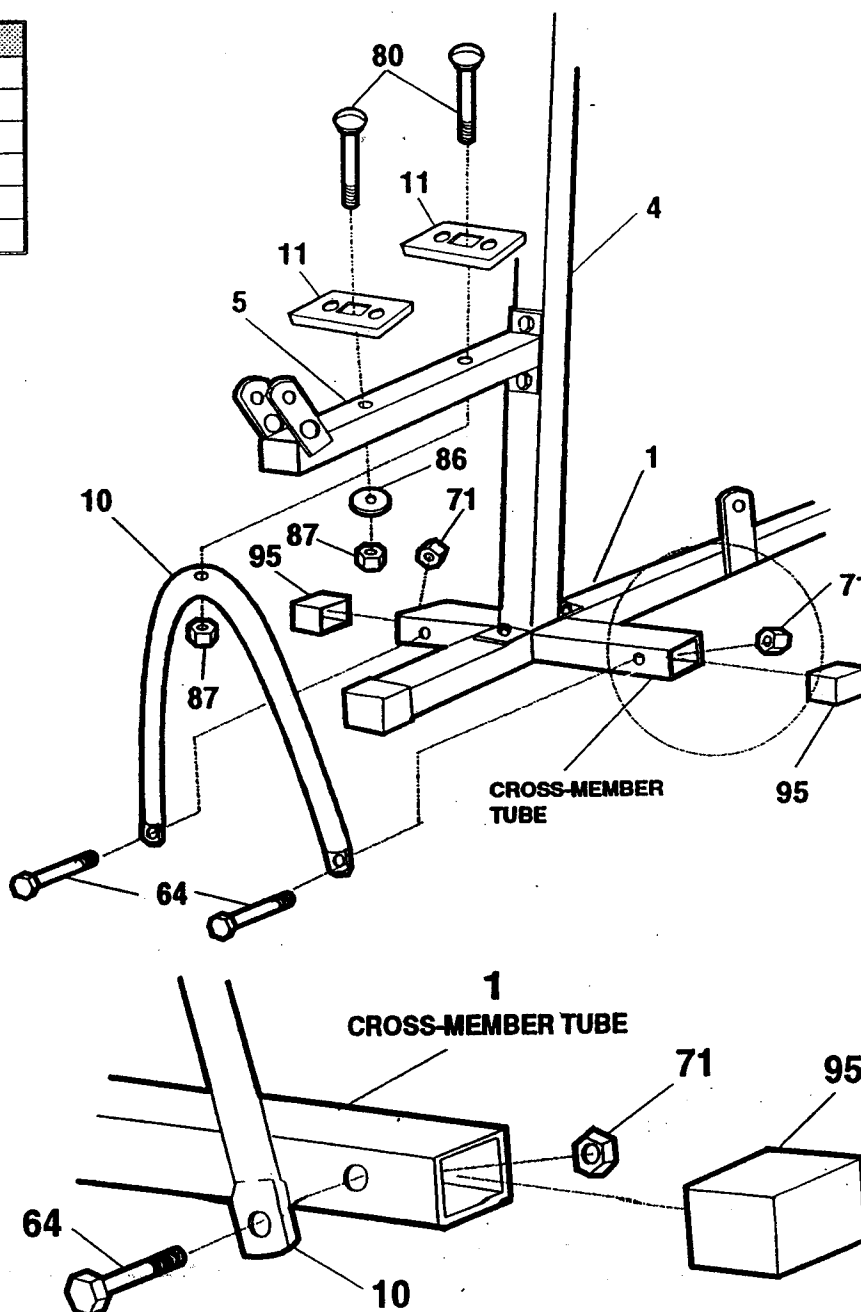
PART NAME	QTY.
64 5/16" X 1" HEX HEAD BOLT	2
71 5/16" NYLON LOCK NUT	2
80 1/4" X 2" CARRIAGE BOLT	2
86 1/4" FLAT WASHER	1
87 1/4" NYLON LOCK NUT	2
95 2" SQUARE PLASTIC COVER CAP	2

- ☐ Assemble the SEAT BRACE (10) to the rear of the SEAT FRAME (5) by bolting with a 1/4" X 2" CARRIAGE BOLT (80) down through a SEAT MOUNTING PLATE (11), the Seat Frame, and then the Seat Brace. Secure with a 1/4" NYLON LOCK NUT (87).

- ☐ Attach the legs of the SEAT BRACE (10) to the BASE "T" (1) using 5/16" X 1" HEX HEAD BOLTS (64) to bolt through the legs of the Seat Brace and then the Base "T". Fasten with 5/16" NYLON LOCK NUTS (71). (SEE DETAIL A.)

- ☐ Attach a SEAT MOUNTING PLATE (11) to the front hole of the SEAT FRAME (5) by bolting with a 1/4" X 2 1/2" CARRIAGE BOLT (80) down through the Mounting Plate and then the Seat Frame. Assemble a 1/4" FLAT WASHER (86) onto the bolt and secure with a 1/4" NYLON LOCK NUT (87).

- ☐ Cap the Cross-member Tube of the BASE "T" (1) with 2" SQUARE PLASTIC COVER CAPS (95).



STEP 6 WEIGHT STACK ASSEMBLY

PART NAME	QTY
110 WEIGHT SELECTOR END TUBE CAP	1
114 LARGE RUBBER WASHER	2

» **CAUTION:** To aid in this step it is advised that you secure the assistance of a helper to assist in steadying of the Weight Plates as they are stacked.

☐ Locate the **LARGE RUBBER WASHERS (114)** atop the welded Guide Rod Bracket on the **BASE "T" (1)**.

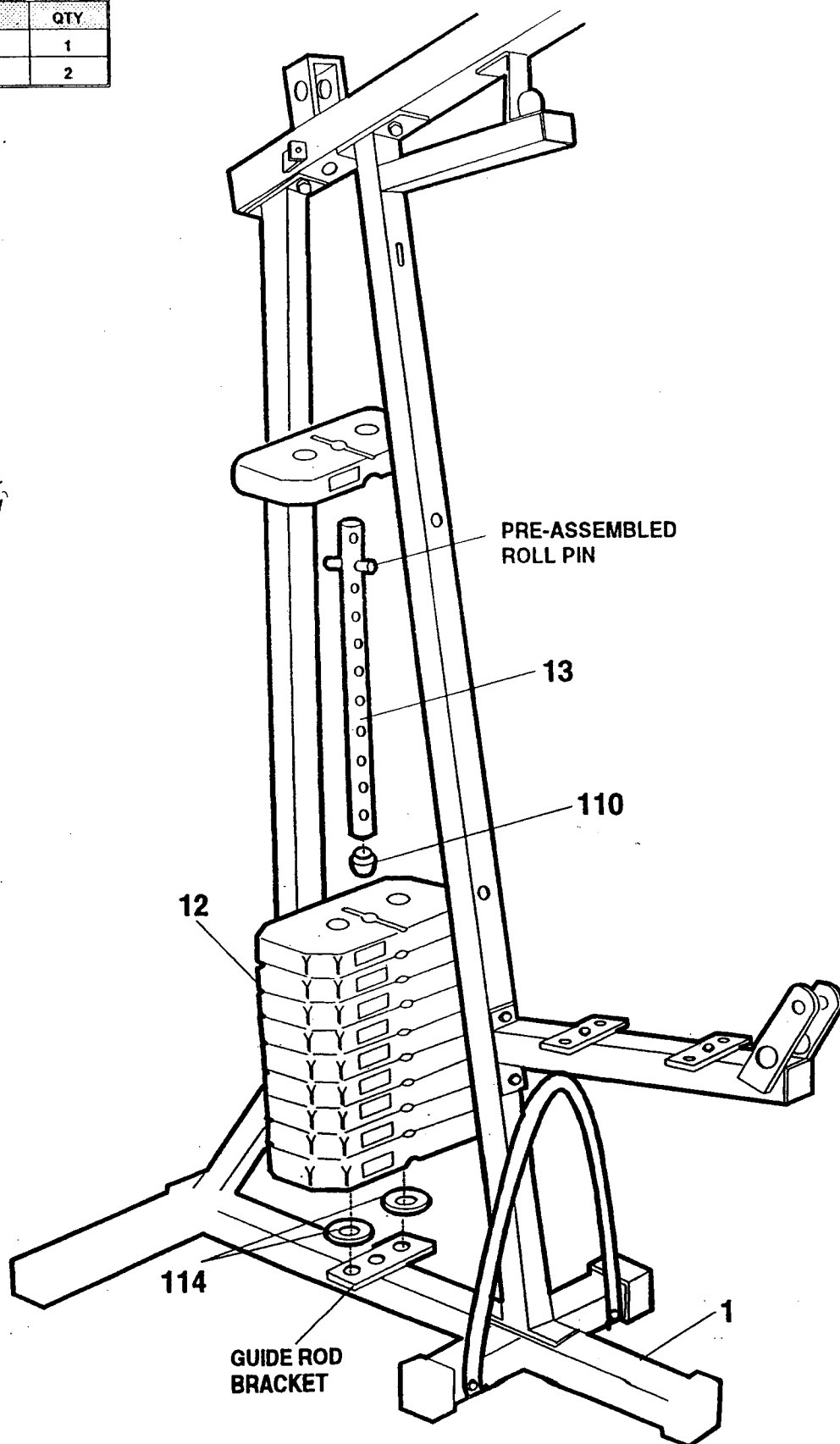
☐ With the aid of your helper, begin stacking the **WEIGHT PLATES (12)** atop the Rubber Washers on the Guide Rod Bracket on the **BASE (1)**.

☐ Stack Weights one at a time until all but one are stacked on the Base.

☐ Insert the **WEIGHT SELECTOR END TUBE CAP (110)** into the bottom end of the **WEIGHT SELECTOR TUBE (13)**. Insert the Selector Tube into the center hole through the stack of Weight Plates and align the pre-assembled roll pin of the Selector Tube with the groove in the top of the Weight Plate.

» **NOTE:** The Weight Selector Tube should insert completely through the stack of Weight Plates if they are in proper alignment with the welded Guide Rod Bracket on the Base Frame. If it does not insert completely, adjust the Weight Stack positioning until it does.

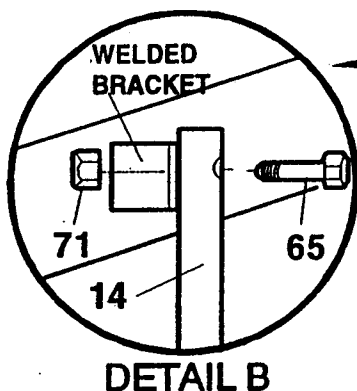
☐ When the **WEIGHT SELECTOR TUBE (13)** has been inserted fully into the Weight Stack, position the final **WEIGHT PLATE (12)** over the Selector Tube atop the Weight Stack.



STEP 7 GUIDE ROD ASSEMBLY

PART NAME	QTY
65 5/16" X 1 1/2" HEX HEAD BOLT	2
71 5/16" NYLON LOCK NUT	2
113 WEIGHT SELECTOR PIN	1

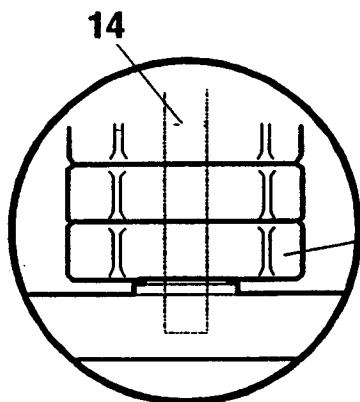
- ☐ With the bolt holes of the GUIDE RODS (14) to the top, insert the Rods into the two remaining holes in the top of the Weight Stack. (SEE DETAIL A.)



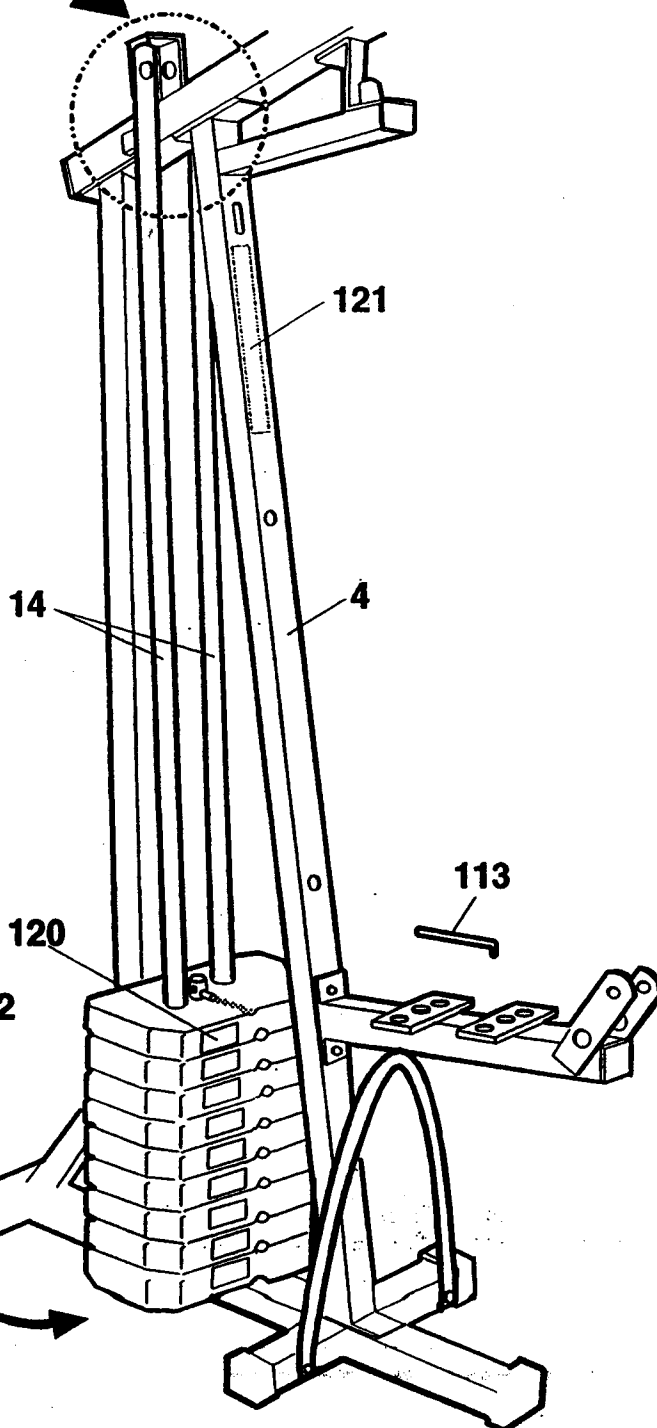
- ☐ Bolt the GUIDE RODS (14) to the front side of the welded brackets on the TOP FRAME (8) using 5/16" X 1 1/2" HEX HEAD BOLTS (65) through the Rod, then the Bracket and fasten with 5/16" NYLON LOCK NUTS (71). (SEE DETAIL B.)

- ☐ Remove WEIGHT PLATE DECALS (120) from backing sheet and apply to the Weight Plates starting with 12.5 lbs. on the top Plate and increasing to 125 lbs. on the bottom Plate.

- ☐ Insert WEIGHT SELECTOR PIN (113) into the Weight Stack at a low weight setting to aid in future cable assembly.



- ☐ Remove STATION ONE DECAL (121) from backing sheet and affix it to the front side of the ARM PRESS FRAME UPRIGHT (4) about 4 inches below Welded Stop Tube.

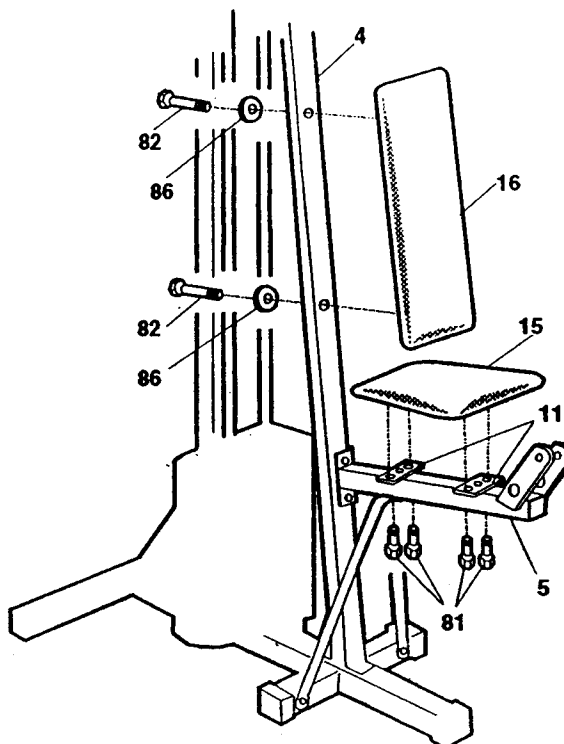


STEP 8 SEAT & BACKREST ASSEMBLY

PART NAME	QTY
81 1/4" X 3/4" MACHINE SCREW	4
82 1/4" X 2 1/2" MACHINE SCREW	2
86 1/4" FLAT WASHER	2

- ☐ Attach the SEAT (15) to the SEAT MOUNTING PLATES (11) on the SEAT FRAME (5) using 1/4" X 3/4" MACHINE SCREWS (81) and bolting up through the Mounting Plates and into the Seat.

- ☐ Attach the BACKREST (16) to the ARM PRESS FRAME UPRIGHT (4) by assembling 1/4" FLAT WASHERS (86) on two 1/4" X 2 1/2" MACHINE SCREWS (82) and bolting through the back of the Upright Frame and into the Seat.



STEP 9 LEG EXTENSION ASSEMBLY

PART NAME	QTY
60 5/16" X 2 1/4" HEX HEAD BOLT	1
71 5/16" NYLON LOCK NUT	1
97 1 1/4" SQUARE PLASTIC INSERT CAP	1
98 3/4" ROUND PLASTIC INSERT CAP	4

- ☐ Assemble the LEG EXTENSION TUBE (17) into the brackets of the SEAT FRAME (5) with a 5/16" X 2 1/4" HEX HEAD BOLT (60) and a 5/16" NYLON LOCK NUT (71). Cap the top of the Leg Extension Tube with a 1 1/4" SQUARE PLASTIC INSERT CAP (97).

- ☐ Press 3/4" ROUND PLASTIC INSERT CAPS (98) into the ends of the 3/4" X 12 1/2" PAD BAR (18) and the 3/4" X 13 1/2" PAD BAR (19).

» **NOTE:** To each Pad Bar wipe a small amount of liquid dish detergent along the length of the Bar. This helps in the assembly of the Foam Pads. When the detergent dries, it acts as an adhesive.

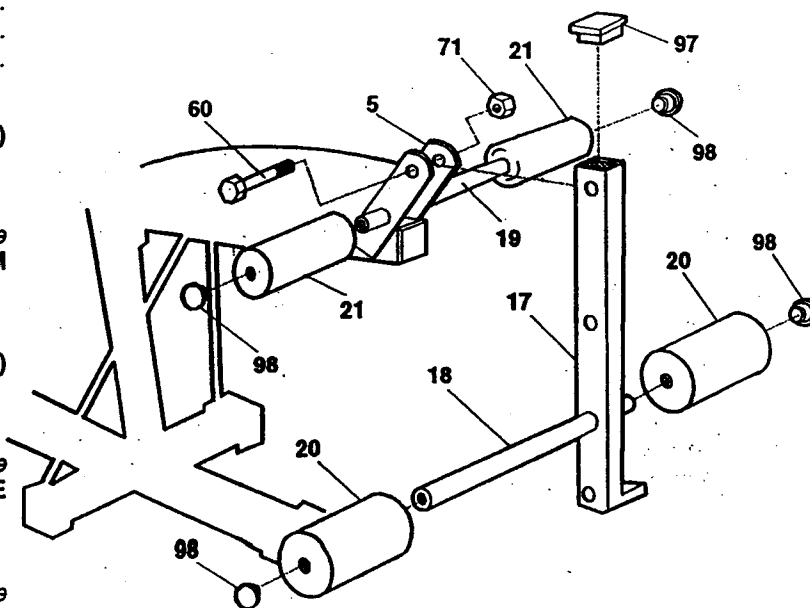
- ☐ To one end of the 3/4" X 13 1/2" PAD BAR (19) press on one 2 1/4" X 6" FOAM ROLLER (21).

- ☐ Insert the PAD BAR (19) into the brackets of the SEAT FRAME (5) and assemble another FOAM ROLLER (21) onto the inserted tube end.

- ☐ To the end of the 3/4" X 12 1/2" PAD BAR (18) press on one 3" X 5 3/4" FOAM ROLLER (20).

- ☐ Assemble the PAD BAR (18) into a hole on the lower section of the LEG EXTENSION TUBE (17).

- ☐ Press another FOAM ROLLER (20) onto the inserted tube end.



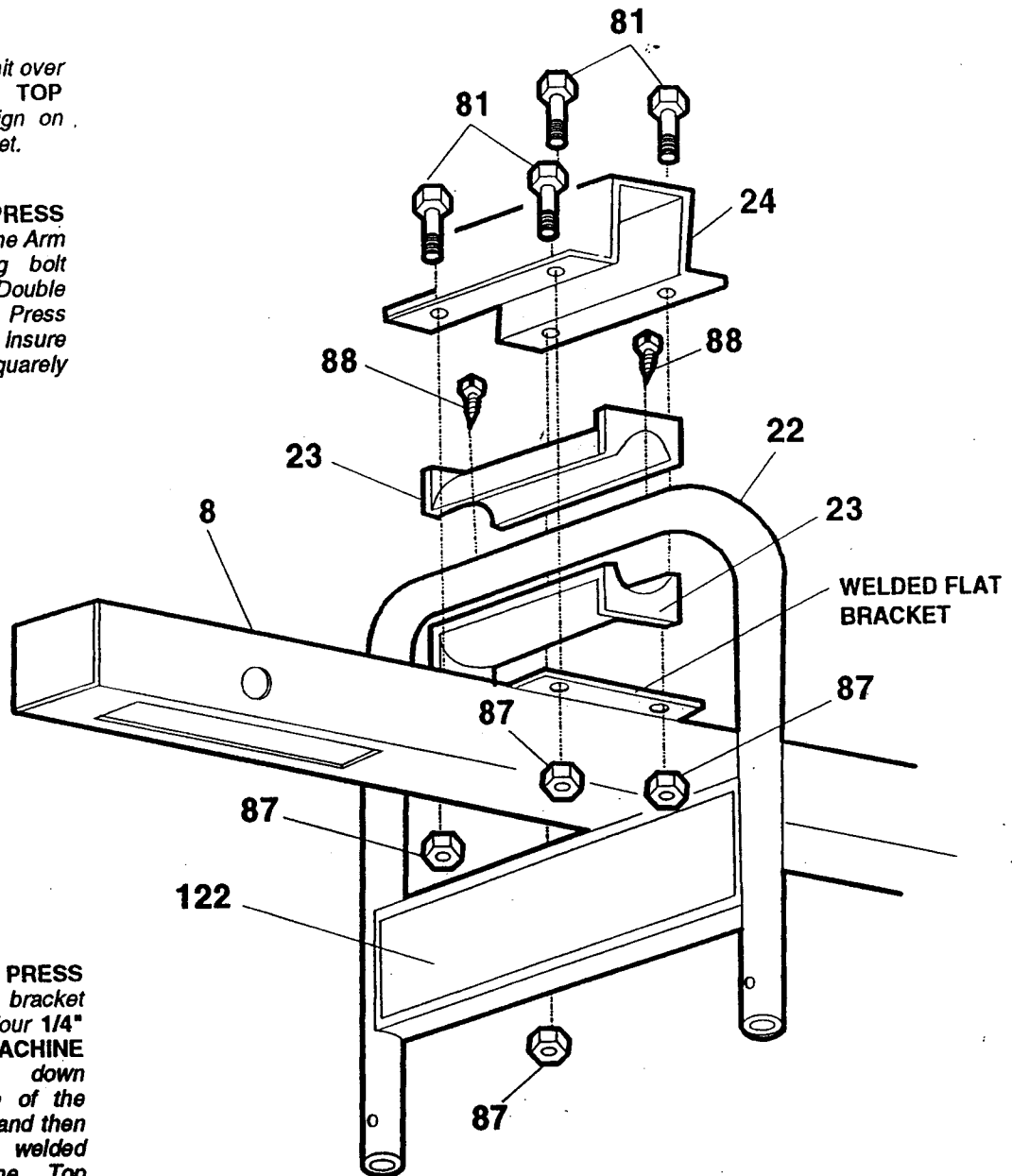
STEP 10 ARM PRESS ASSEMBLY

PART NAME	QTY
81 1/4" X 3/4" MACHINE SCREW	4
87 1/4" NYLON LOCK NUT	4
88 #8 SHEET METAL SCREW	2

- ☐ Press the two sections of the ARM PRESS BUSHING (23) onto the top of the ARM PRESS ASSEMBLY (22). These Bushings will not snap tight to the surface so they will have to be held tight as complete assembly is placed on the TOP FRAME (8).

- ☐ Lift the Arm Press unit over the end of the TOP FRAME (8) and align on the flat welded bracket.

- ☐ Press the ARM PRESS CAP (24) on top of the Arm Press unit aligning bolt holes. CAUTION: Double check the Arm Press Bushing Sections to insure they are sitting squarely against the bracket.



- ☐ Secure the ARM PRESS CAP (24) to the bracket by bolting with four 1/4" X 3/4" MACHINE SCREWS (81) down through the top of the Arm Press Cap and then through the welded bracket on the Top Frame. Secure with 1/4" NYLON LOCK NUTS (87).

- ☐ Insert two #8 SHEET METAL SCREWS (88) into the holes located on the top of the Arm Press Assembly on both sides of the Arm Press Cap.

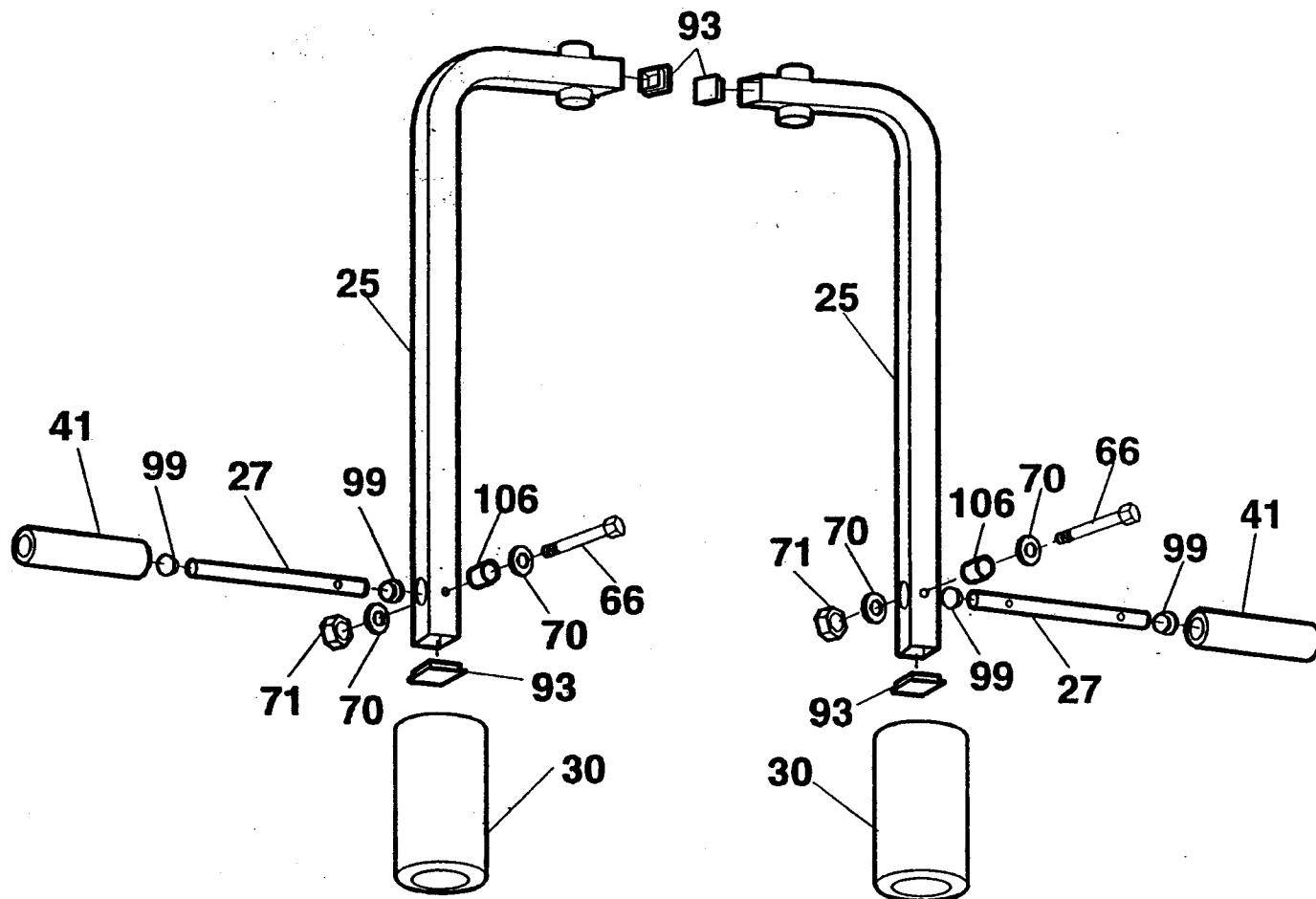
- ☐ Remove POWER STACK DECAL (122) from backing and adhere it onto the ARM PRESS ASSEMBLY (22).

STEP 11 ARM PRESS HANDLE ASSEMBLY

PART NAME	QTY
66 5/16" X 2" HEX HEAD BOLT	2
70 5/16" FLAT WASHER	4
71 5/16" NYLON LOCK NUT	2
93 1 1/2" SQUARE PLASTIC INSERT CAP	4
99 1" ROUND PLASTIC INSERT CAP	4
106 9/32" LONG METAL SPACER	2

☐ Press 1 1/2" SQUARE PLASTIC INSERT CAPS (93) into both ends of the PEC-DECK ARMS (25).

☐ Wipe a small amount of liquid dish detergent onto lower section of PEC-DECK ARMS (25) and slide on a 3 1/4" X 7" FOAM ROLLER (30). Position the Rollers up about 8 inches from the Tube end.



☐ Cap the ends of the ARM PRESS HANDLES (27) with 1" ROUND PLASTIC INSERT CAPS (99).

☐ Insert the end of the ARM PRESS HANDLES (27) with the hole into the PEC-DECK ARMS (25). Rotate the Handle until the bolt holes align.

☐ Assemble a 5/16" FLAT WASHER (70) and a 9/32" LONG METAL SPACER (106) onto a 5/16" X 2" HEX HEAD BOLT* (66) and Insert through the front of the PEC-DECK ARM (25) and then through the hole in the ARM PRESS HANDLE (27, Attach another 5/16" FLAT WASHER (70) onto the Bolt and secure with a 5/16" NYLON LOCK NUT (71).

☐ Wipe a small amount of liquid dish detergent onto the ends of the ARM PRESS HANDLES (27) and slide on a 1" X 5" FOAM GRIP (41).

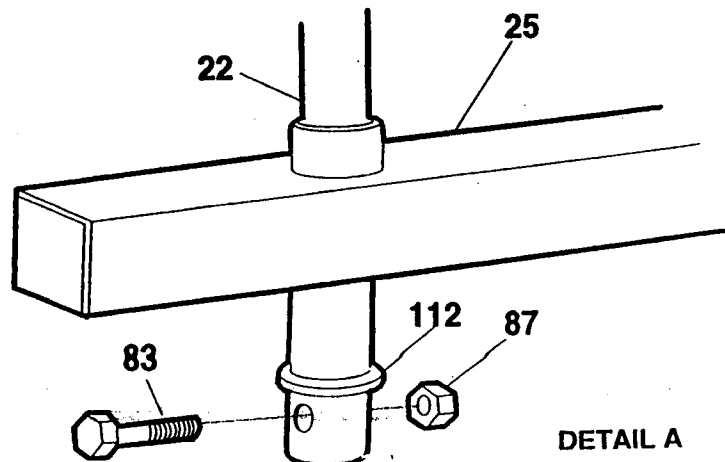
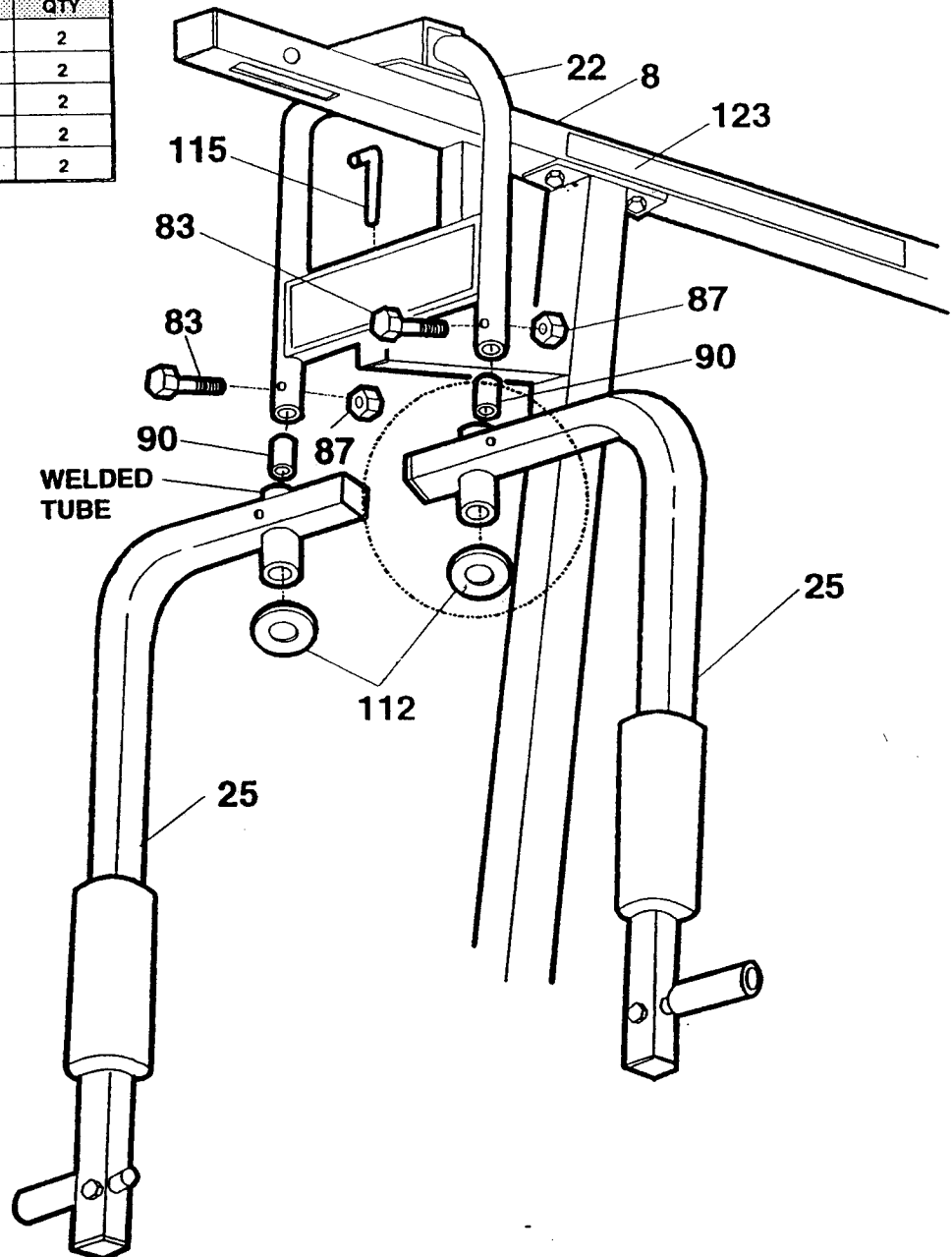
STEP 12 PEC-DECK ARM ASSEMBLY

PART NAME	QTY
83 1/4" X 1 1/2" HEX HEAD BOLT	2
87 1/4" NYLON LOCK NUT	2
90 1 1/8" X 2 1/2" PLASTIC BUSHING	2
112 1 3/16" X 2" WASHER	2
115 PEC-DECK LOCK PIN 5/16" X 5"	2

- ☐ Slide a 1 1/8" X 2 1/2" PLASTIC BUSHING (90) onto each leg of the ARM PRESS ASSEMBLY (22).
- ☐ Insert the legs of the ARM PRESS ASSEMBLY (22) into and through the welded Tube on each PEC-DECK ARM (25).
- ☐ Place a 1 3/16" X 2" WASHER (112) onto the legs of the ARM PRESS ASSEMBLY. These washers will not snap tight to the tube so they will have to be held tight as the assembly is completed.
- ☐ Secure this assembly by bolting with a 1/4" X 1 1/2" HEX HEAD BOLT (83) through the holes in the leg of the Arm Press Assembly. Fasten with 1/4" NYLON LOCK NUTS (87). (SEE DETAIL A.)
- ☐ Remove ULTRA FORCE XT DECALS (123) from backing and adhere to both sides of the TOP FRAME (8).

* WHEN DOING ARM PRESS EXERCISES CHECK TO MAKE SURE THAT EACH OF THE PEC-DECK ARMS IS LOCKED INTO PLACE WITH THE PEC-DECK LOCK PINS (115).

* WHEN DOING BUTTERFLY EXERCISES THE PEC-DECK LOCK PINS (115) SHOULD BE REMOVED.



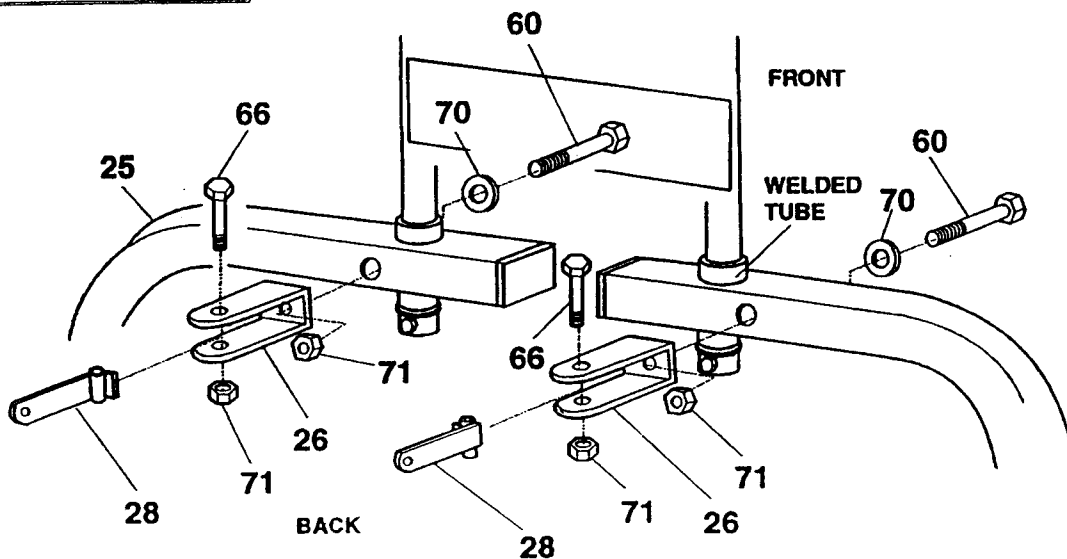
DETAIL A

STEP 13 BRACKET ASSEMBLIES

PART NAME	QTY
60 5/16" X 2 1/4" HEX HEAD BOLT	2
63 5/16" X 3" HEX HEAD BOLT	1
66 5/16" X 2" HEX HEAD BOLT	2
67 5/16" X 3 1/4" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	3
71 5/16" NYLON LOCK NUT	6

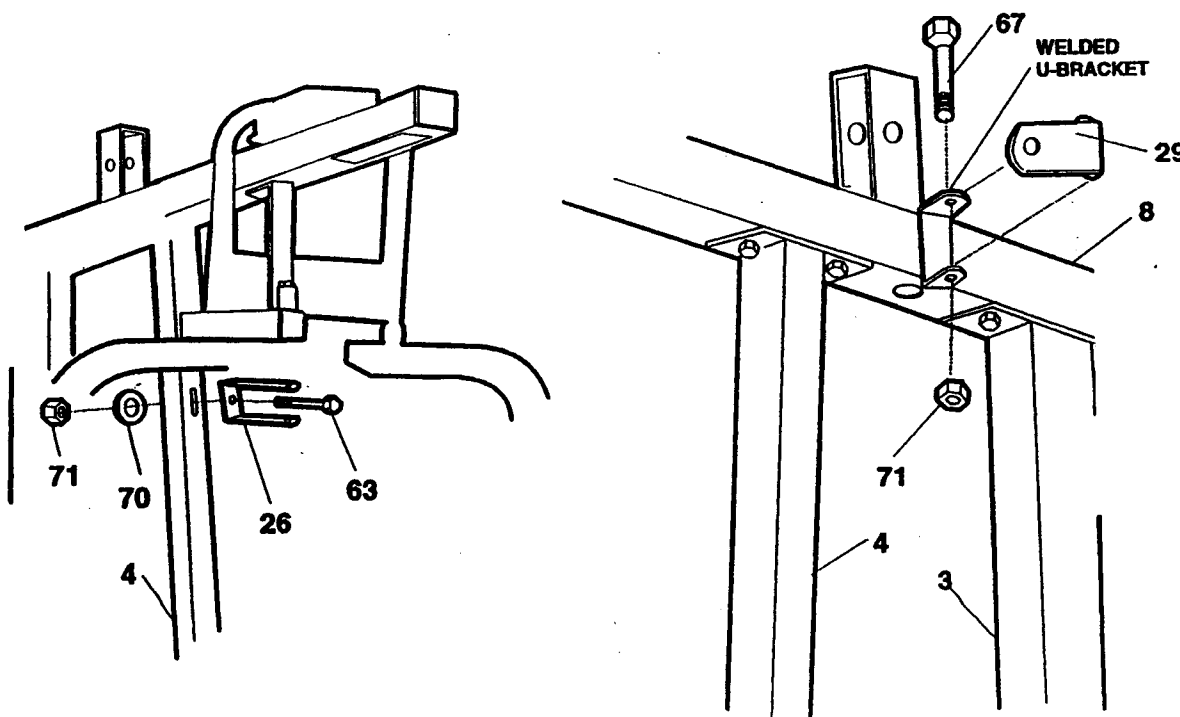
- ☐ Attach the U-BRACKETS (26) to the back of the PEC-DECK ARMS (25) by assembling a 5/16" FLAT WASHER (70) onto two 5/16" X 2 1/4" HEX HEAD BOLTS (60) and bolting through the front of the Pec-Deck Arms at the hole locations near the welded Tube and then bolt through the U-BRACKET (26). Secure tightly with 5/16" NYLON LOCK NUTS (71).

- ☐ Assemble the PULLEY BRACKETS (28) to the U-Brackets by bolting with a 5/16" X 2" HEX HEAD BOLT (66) down through the top of the U-Bracket and then through the Pulley Bracket. Fasten with 5/16" NYLON LOCK NUT (71).

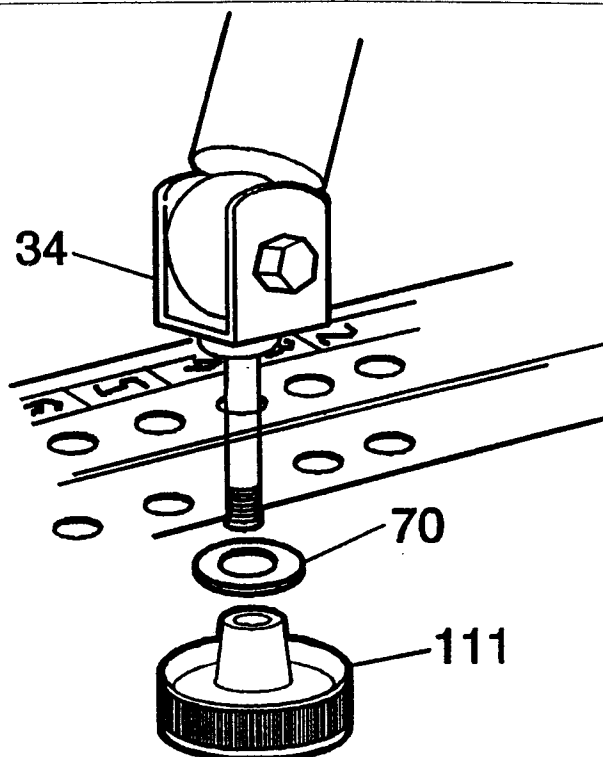


- ☐ Attach a U-Bracket to the front of the ARM PRESS FRAME UPRIGHT (4) by bolting with a 5/16" X 3" HEX HEAD BOLT (63) through the U-Bracket and then through the Upright. Assemble a FLAT WASHER (70) onto the bolt and fasten with a 5/16" NYLON LOCK NUT (71) only to the point that the nut is flush with the end of the bolt. This is necessary to allow some movement of the U-Bracket.

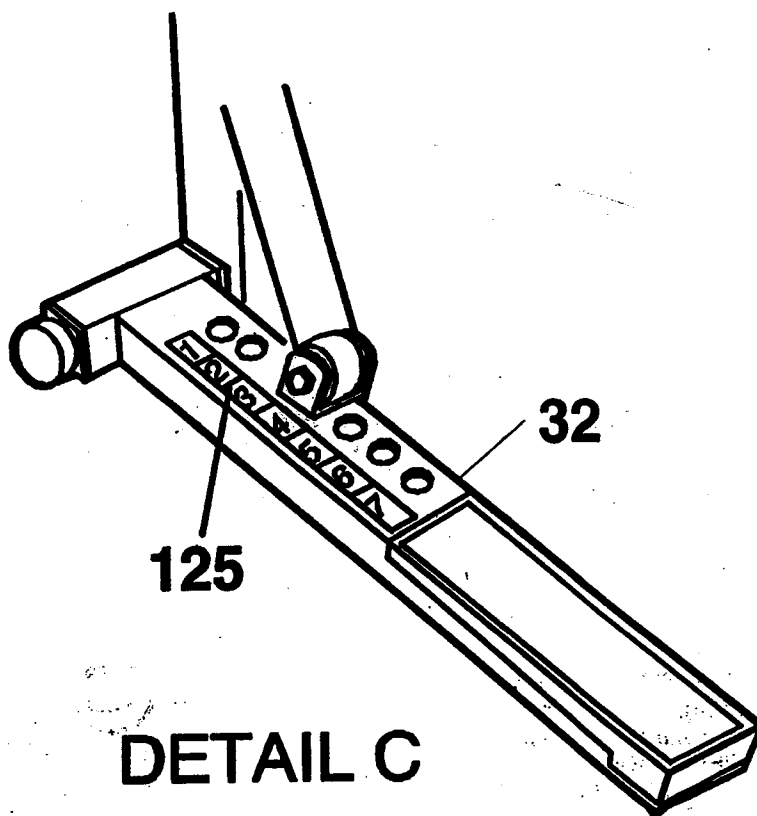
- ☐ Assemble a PULLEY TRAP BRACKET (29) to the welded U-Bracket on the side of the TOP FRAME (8) using a 5/16" X 3 1/4" HEX HEAD BOLT (67) to bolt down through the top of the U-Bracket and then through the Pulley Trap Bracket. Secure with a 5/16" NYLON LOCK NUT (71).



- ☐ Press on 5/8" RING RETAINER (102) making sure the teeth face the outside of the Support Tube and the Ring Retainer is seated firmly against the Resistance Cylinder.
- ☐ Cap the ends of the Support Tube with 5/8" ROUND PLASTIC COVER CAPS (94).
- ☐ Place CYLINDER MOUNTING BRACKET (34) into one of the resistance setting holes and secure with a 5/16" FLAT WASHER (70) and a TENSION KNOB (111). (SEE DETAIL C.)
- ☐ Attach RESISTANCE CYLINDER (33) to the CYLINDER MOUNTING BRACKET (34) with a 5/16" X 1 1/2" HEX HEAD BOLT (65) and a 5/16" NYLON LOCK NUT (71).
- ☐ Remove STEPPER RESISTANCE SCALE DECALS (125) from backing and attach Decals to Pedals so they align with hole settings on the Pedals. Setting "1" should be to the front of the Pedal. (SEE DETAIL B.)
- ☐ Remove backing from adhesive strips on FOOT PADS (35) and attach to rear of Pedals. Secure each with #8 SHEET METAL SCREW (88).
- ☐ Attach STATION 2 DECALS (124) to STEPPER UPRIGHT (3) just above the Resistance Cylinder Mounting Tube.
- ☐ **SETTING RESISTANCE:** After Pedals are attached to the Resistance Cylinders, the resistance can be changed by unscrewing the TENSION KNOBS (111) from the Pedals and moving the RESISTANCE CYLINDER MOUNTING BRACKETS (34) to another hole and re-assembling the Knob.



DETAIL B



DETAIL C

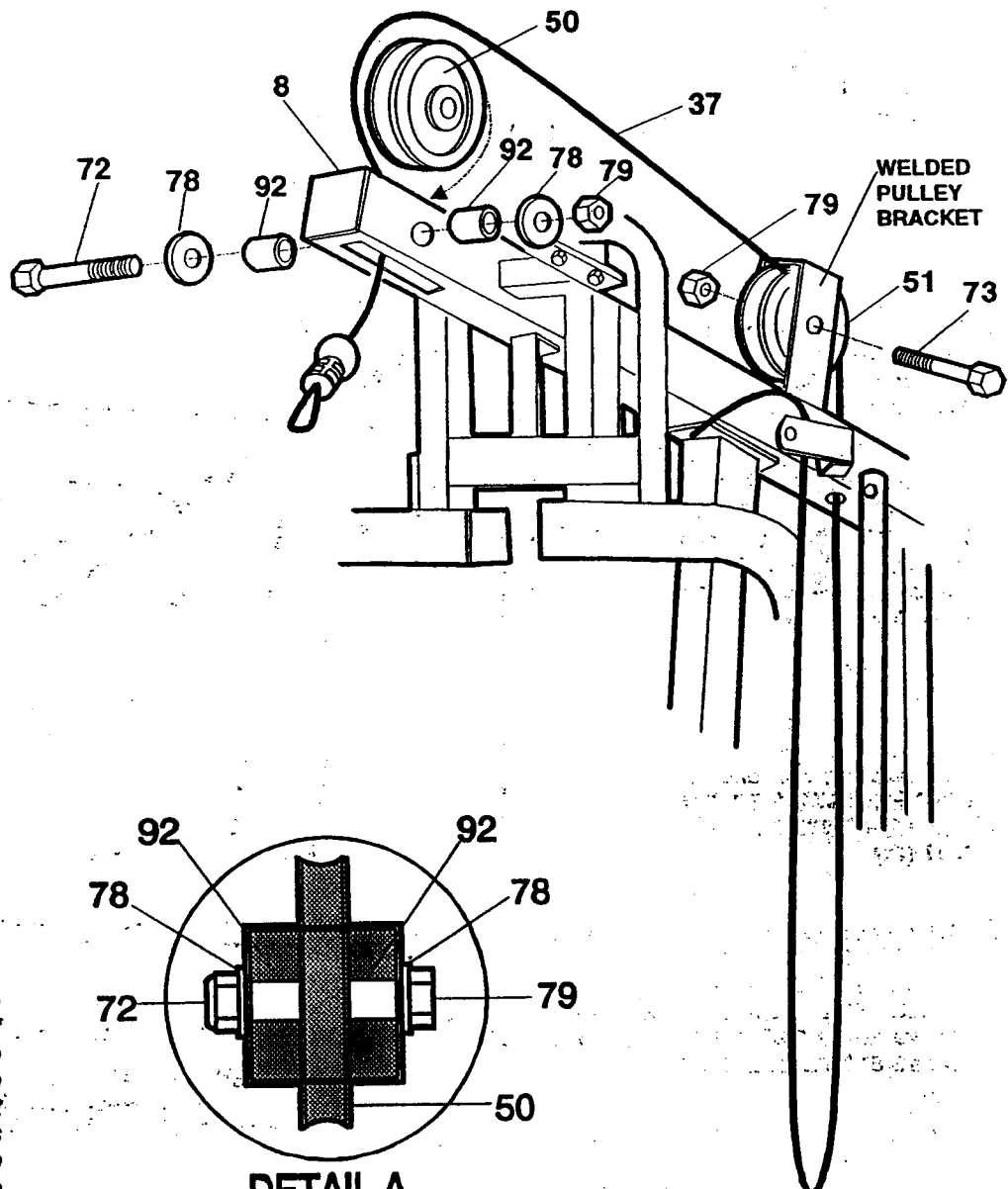
STEP 15 UPPER PULLEYS & CABLE ASSEMBLY

PART NAME	QTY
63 5/16" X 3" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	2
71 5/16" NYLON LOCK NUT	1
72 3/8" X 2 1/2" HEX HEAD BOLT	1
73 3/8" X 1 3/4" HEX HEAD BOLT	5
78 3/8" FLAT WASHER	2
79 3/8" NYLON LOCK NUT	6
91 1/2" X 1/2" ZINC BUSHING	1
92 1/2" METAL SPACER	2

☐ Locate the PEC-DECK CABLE (37). The Pec-Deck Cable is 127 inches long and has a Rubber Ball stop on one end and a loop on the other end.

☐ Insert the PEC-DECK CABLE (37) up through the slot in the front of the TOP FRAME (8) so the Rubber Stop Ball is to the front and underneath the Top Frame.

☐ Drape the PEC-DECK CABLE (37) over a 4 1/2" PULLEY (50) and assemble the Pulley into the slot at the front of the TOP FRAME (8). Attach using a 3/8" X 2 1/2" HEX HEAD BOLT (72), 3/8" FLAT WASHER (78), and 1/2" METAL SPACER (92). Insert the Bolt with the Spacer and Washer through the Frame and Pulley and then assemble another 1/2" METAL SPACER (92) and 3/8" FLAT WASHER (78) onto the Bolt and fasten with a 3/8" NYLON LOCK NUT (79). (SEE DETAIL A.)



☐ Bring Cable back down across the top of the Top Frame and through the welded pulley bracket. Insert the entire Cable down through the cable access hole behind the welded bracket.

☐ Fit the Cable over a 3 1/2" PULLEY (51) and bolt the Pulley into the welded bracket. Secure with a 3/8" X 1 3/4" HEX HEAD BOLT (73) and a 3/8" NYLON LOCK NUT (79).

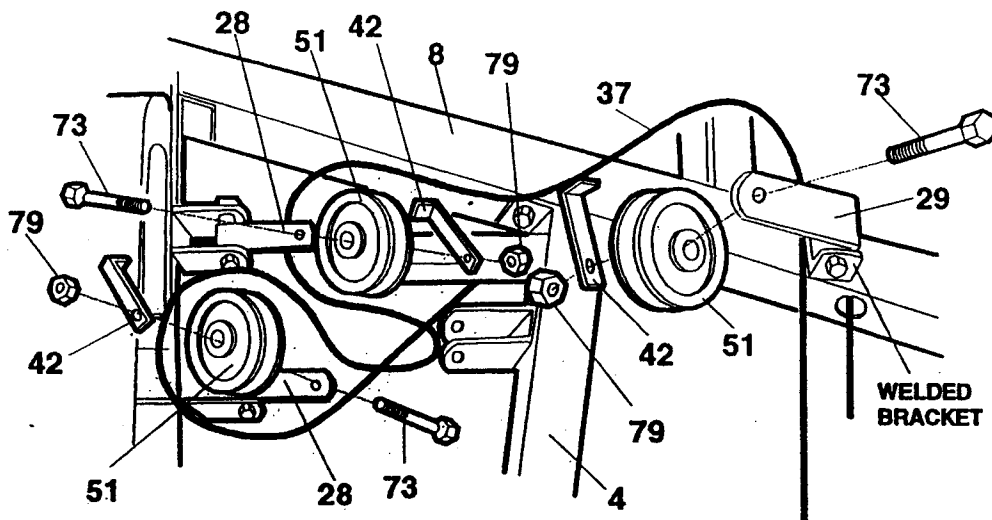
☐ Leave some of the Cable draped down between the Guide Rods. This area of the Cable will be assembled later. The amount of the Cable left draped is not critical as you will be pulling the slack out of the Cable once the Cable is fastened.

DETAIL A

- ☐ Move to the left-hand side of the unit.

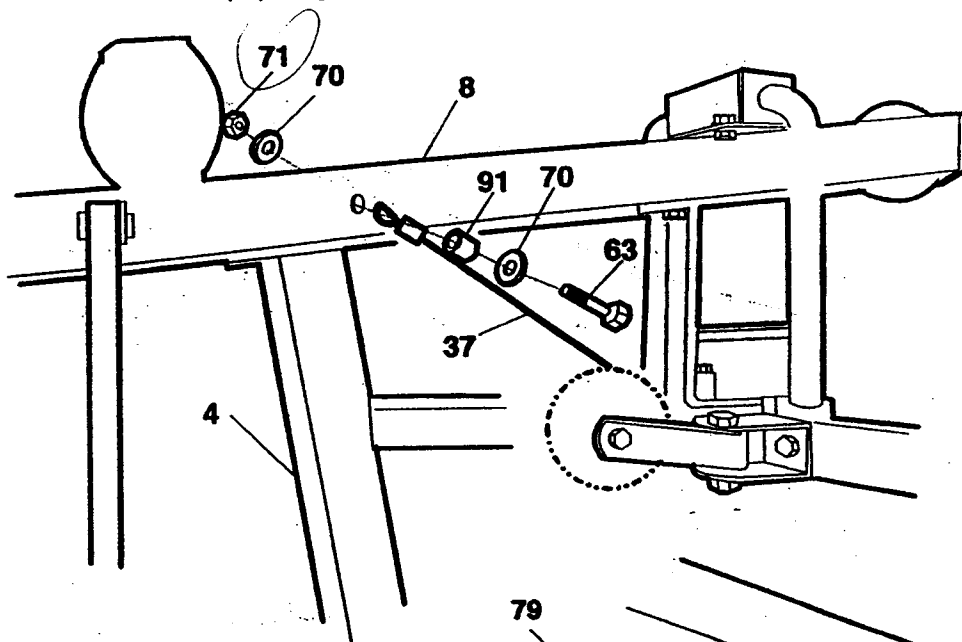
- ☐ Bring the PEC-DECK CABLE (37) up and set into a 3 1/2" PULLEY (51).

- ☐ Trap the Cable into the groove of the Pulley using a CABLE TRAP BRACKET (42) (THE CABLE TRAP BRACKET WILL BE POSITIONED AT APPROXIMATELY A 45 DEGREE ANGLE) and bolt the assembly to the PULLEY BRACKET (29) that is bolted to the welded bracket on the side of the Top Frame using a 3/8" X 1 3/4" HEX HEAD BOLT (73) and a 3/8" NYLON LOCK NUT (79).



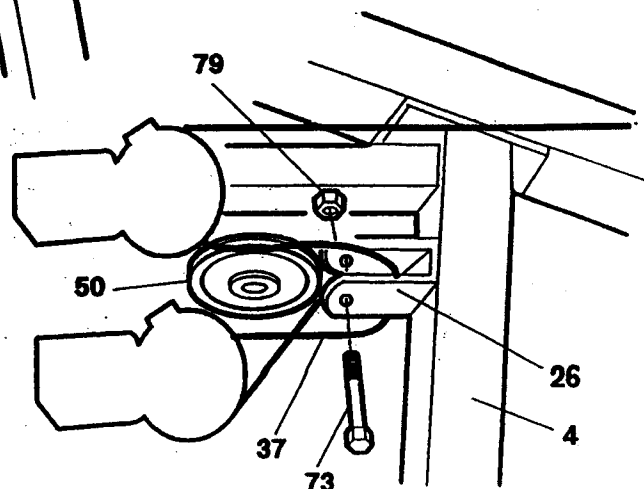
- ☐ Next, fasten 3 1/2" PULLEYS (51) to the PULLEY BRACKETS (28) while trapping the Cable into the Pulley with CABLE TRAP BRACKETS (42). Again the Trap Brackets will be positioned at a 45 degree angle facing toward the front of the unit. Bolt the assemblies to the PULLEY BRACKETS (28) using 3/8" X 1 3/4" HEX HEAD BOLTS (73) and 3/8" NYLON LOCK NUTS (79).

- ☐ Moving to the right-hand side of the unit, fasten the loop-end of the Cable to the side of the TOP FRAME (8) in the hole located in front of the ARM PRESS FRAME UPRIGHT (4). Place a 1/2" X 1/2" ZINC BUSHING (91) into the loop of the Cable. Place a 5/16" FLAT WASHER (70) onto a 5/16" X 3" HEX HEAD BOLT (63) and insert through the assembled Bushing and Cable and on through the Top Frame hole securing with another 5/16" FLAT WASHER (70) and a 5/16" NYLON LOCK NUT (71).



- ☐ Move back to the center of the unit. Into the U-BRACKET (26) bolted to the front of the ARM PRESS FRAME UPRIGHT (4), assemble a 4 1/2" PULLEY (50) trapping the Cable behind the Pulley. Secure with a 3/8" X 1 3/4" HEX HEAD BOLT (73) and a 3/8" NYLON LOCK NUT (79).

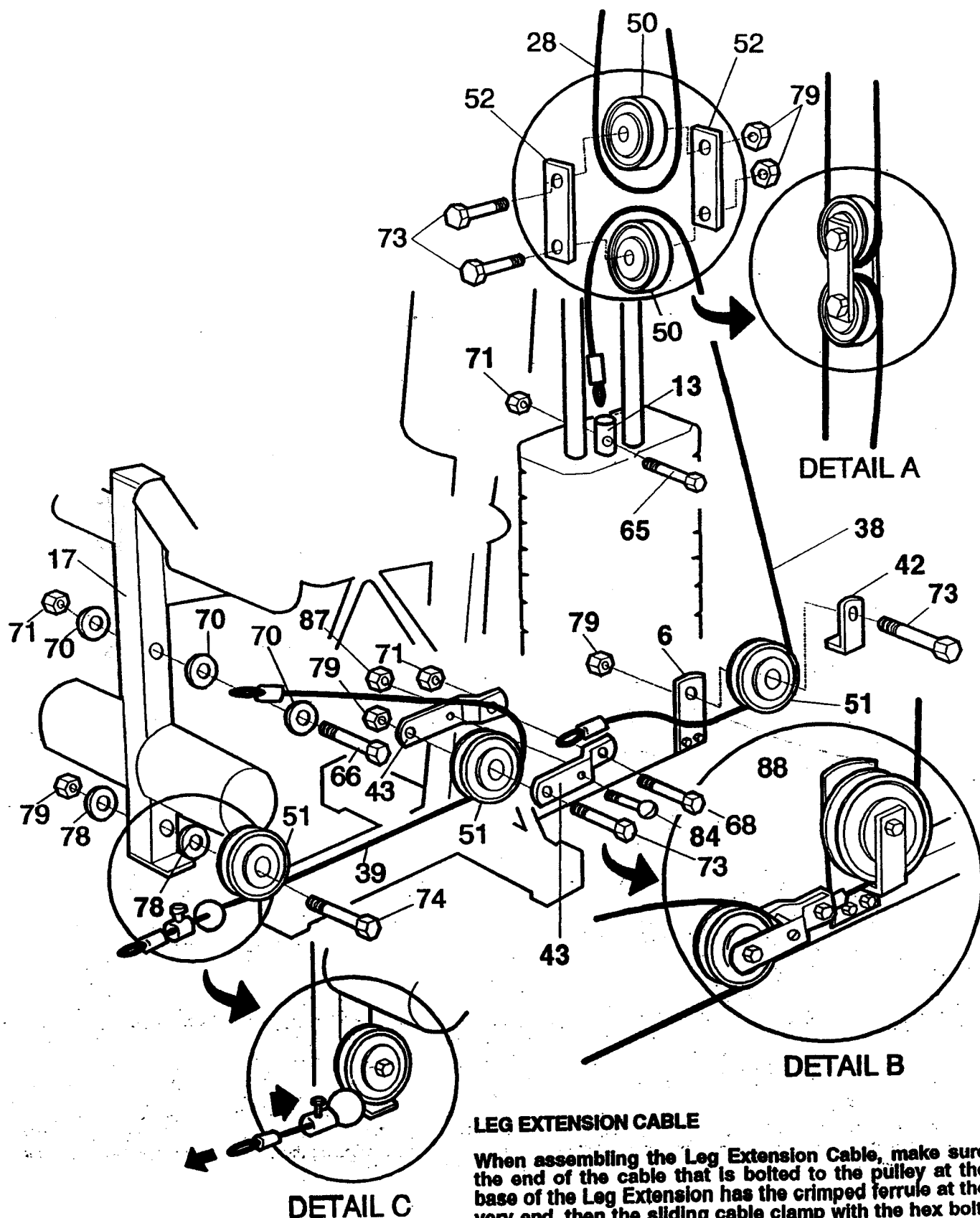
- ☐ At this point you should pull this Cable tight by pulling downward on the section of the Cable you left draped down in an earlier step. Make sure all of the Cable is seated properly in the grooves of the Pulleys and the Trap Brackets are in their correct positions.



STEP 16 LOWER PULLEY AND CABLE ASSEMBLY

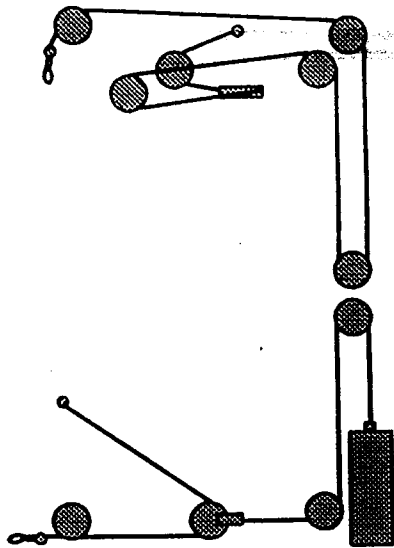
PART NAME	QTY
65 5/16" X 1 1/2" HEX HEAD BOLT	1
66 5/16" X 2" HEX HEAD BOLT	1
68 5/16" X 3/4" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	3
71 5/16" NYLON LOCK NUT	3
73 3/8" X 1 3/4" HEX HEAD BOLT	4
74 3/8" X 2 3/4" HEX HEAD BOLT	1
78 3/8" FLAT WASHER	2
79 3/8" NYLON LOCK NUT	5
84 1/4" X 1 3/4" HEX HEAD BOLT	1
87 1/4" NYLON LOCK NUT	1

- ☐ Locate the **WEIGHT STACK CABLE (38)**. The Weight Stack Cable is 79 inches long and has a loop on each end.
- ☐ Attach the **WEIGHT STACK CABLE (38)** by inserting a loop of the Cable into the end of the **WEIGHT SELECTOR TUBE (13)** and fasten with a **5/16" X 1 1/2" HEX HEAD BOLT (65)** and **5/16" NYLON LOCK NUT (71)**.
- ☐ Bring the Cable up and make the dual pulley assembly that hangs between the Guide Rods. (SEE DETAIL A)
- ☐ Using two **4 1/2" PULLEYS (50)**, trap the Weight Selector Cable and the Pec-Deck Cable. Insert two **3/8" X 1 3/4" HEX HEAD BOLTS (73)** through a **PULLEY CONNECTOR PLATE (52)** and then through the two **4 1/2" Pulleys**. Add the second **PULLEY CONNECTOR PLATE (52)** and secure the assembly with two **3/8" NYLON LOCK NUTS (79)**. (SEE DETAIL A)
- ☐ Bring the Weight Selector Cable down and fit into a **3 1/2" PULLEY (51)**. Using a **3/8" X 1 3/4" HEX HEAD BOLT (73)**, bolt a **CABLE TRAP BRACKET (42)** and the Pulley to the bolted **PULLEY PLATE (6)** on the side of the **BASE "T" (1)** and secure with a **3/8" NYLON LOCK NUT (79)**. The Cable Trap Bracket should be positioned so that it is facing toward the floor.
- ☐ Bolt **BENT PULLEY BRACKETS (43)** to the loop end of the Weight Selector Cable with a **5/16" X 3/4" HEX HEAD BOLT (68)** and **5/16" NYLON LOCK NUT (71)**.
- ☐ Locate the **LEG EXTENSION CABLE (39)**. The Leg Extension Cable is 49" long and has a loop on one end and a Rubber Ball Stop and Sliding Cable Clamp on the other end.
- ☐ Connect the end of the Leg Extension Cable with the loop to the upper section of **LEG EXTENSION TUBE (17)**. Place a **5/16" FLAT WASHER (70)** onto a **5/16" X 2" HEX HEAD BOLT (66)** and insert through the loop-end of the Leg Extension Cable. Place another **5/16" FLAT WASHER (70)** onto the Bolt and insert the assembly through the hole in the Leg Extension Tube. Secure with another **5/16" FLAT WASHER (70)** and a **5/16" NYLON LOCK NUT (71)**.
- ☐ Bring the Leg Extension Cable toward the rear and around a **3 1/2" PULLEY (51)** and bolt the Pulley between the **BENT PULLEY BRACKETS (43)** using a **3/8" X 1 3/4" HEX HEAD BOLT (73)** and **3/8" NYLON LOCK NUT (79)**. Fit a **1/4" X 1 3/4" HEX HEAD BOLT (84)** into the hole in the Bent Pulley Brackets that falls behind the Pulley and secure with a **1/4" NYLON LOCK NUT (87)**. This Bolt acts as a Cable Trap. (SEE DETAIL B)
- ☐ Bring the Leg Extension Cable forward and assemble onto the bottom of the Leg Extension Tube so that the cable is trapped under a **3 1/2" PULLEY (51)**. Place a **3/8" X 2 3/4" HEX HEAD BOLT (74)** into the **3 1/2" Pulley** and then through a **3/8" FLAT WASHER (78)** and attach this assembly to the Leg Extension Tube trapping the Cable under the Pulley and secure with a **3/8" FLAT WASHER (78)** and **3/8" NYLON LOCK NUT (79)**. (SEE DETAIL C)
- ☐ Checking to see that all Cables are seated in the Pulley grooves, pull the Leg Extension Cable forward so all the slack is taken out of the Cable system. Slide the Rubber Ball Stopper back against the Leg Extension tube and snug the Sliding Cable Clamp firmly against the the Rubber Ball Stopper and tighten the hex bolt on the Clamp securely. (SEE DETAIL C) With use the Cables will stretch and you may have to re-set the Cable Clamp to take out any slack that develops.



LEG EXTENSION CABLE

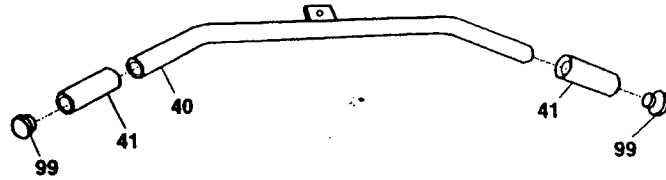
When assembling the Leg Extension Cable, make sure the end of the cable that is bolted to the pulley at the base of the Leg Extension has the crimped ferrule at the very end, then the sliding cable clamp with the hex bolt, and then the rubber ball stopper, IN THAT ORDER. If this order is not correct, then you must slide the sliding cable clamp and rubber stop to the opposite end. SEE ILLUSTRATION!



ENTIRE CABLE ROUTING DRAWING

STEP 17 LAT BAR ASSEMBLY

PART NAME	QTY
99 1" ROUND PLASTIC INSERT CAP	2

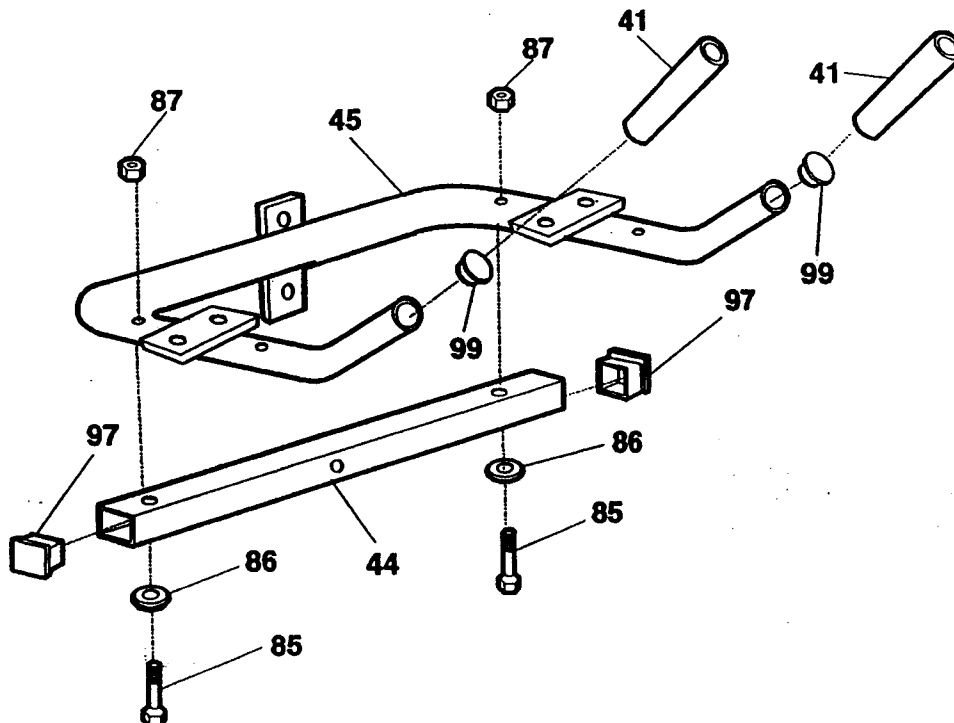


- ☐ To the LAT BAR (40) press 1" ROUND PLASTIC INSERT CAPS (99) into each end of the Bar and assemble 1" X 5" FOAM GRIPS (41) to the Bar with the aid of a small amount of liquid dish detergent.
- ☐ To use the Lat Bar, connect to the Cable at the Top Frame with LATCH HOOK (89). This Bar is used to do all Lat Pull-Down Exercises.

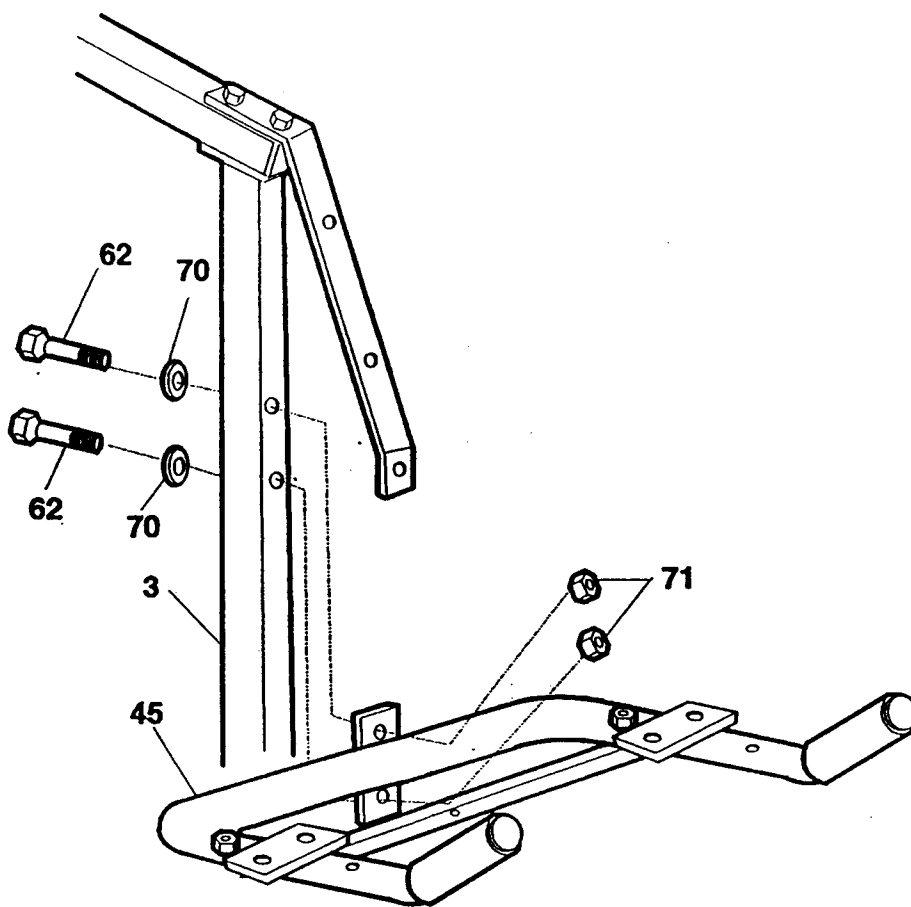
STEP 18 AB FLEX ARM ASSEMBLY

PART NAME	QTY
62 5/16" X 2 3/4" HEX HEAD BOLT	2
66 5/16" X 2" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	3
71 5/16" NYLON LOCK NUT	3
81 1/4" X 3/4" MACHINE SCREW	6
85 1/4" X 2 3/4" MACHINE SCREW	2
86 1/4" FLAT WASHER	4
87 1/4" NYLON LOCK NUT	2
97 1 1/4" SQUARE PLASTIC INSERT CAP	2
99 1" ROUND PLASTIC INSERT CAP	2
119 1/4" X 1 1/4" MACHINE SCREW	2

- ☐ To attach the AB FLEX ARM CONNECTOR TUBE (44) to the AB FLEX ARM (45), assemble 1/4" FLAT WASHERS (86) onto two 1/4" X 2 3/4" MACHINE SCREWS (85) and bolt up through the bottom of the Ab Flex Arm Connector Tube and then through the Ab Flex Arm. Secure with 1/4" NYLON LOCK NUTS (87).
- ☐ Cap the ends of the AB FLEX ARM CONNECTOR TUBE (44) with 1 1/4" SQUARE PLASTIC INSERT CAPS (97).
- ☐ Cap the ends of the AB FLEX ARM (45) with 1" ROUND PLASTIC INSERT CAPS (99).
- ☐ Wipe a small amount of liquid dish detergent onto the ends of the AB FLEX ARM (45). Slide 1" X 5" FOAM GRIPS (41) onto the Ab Flex Arm.



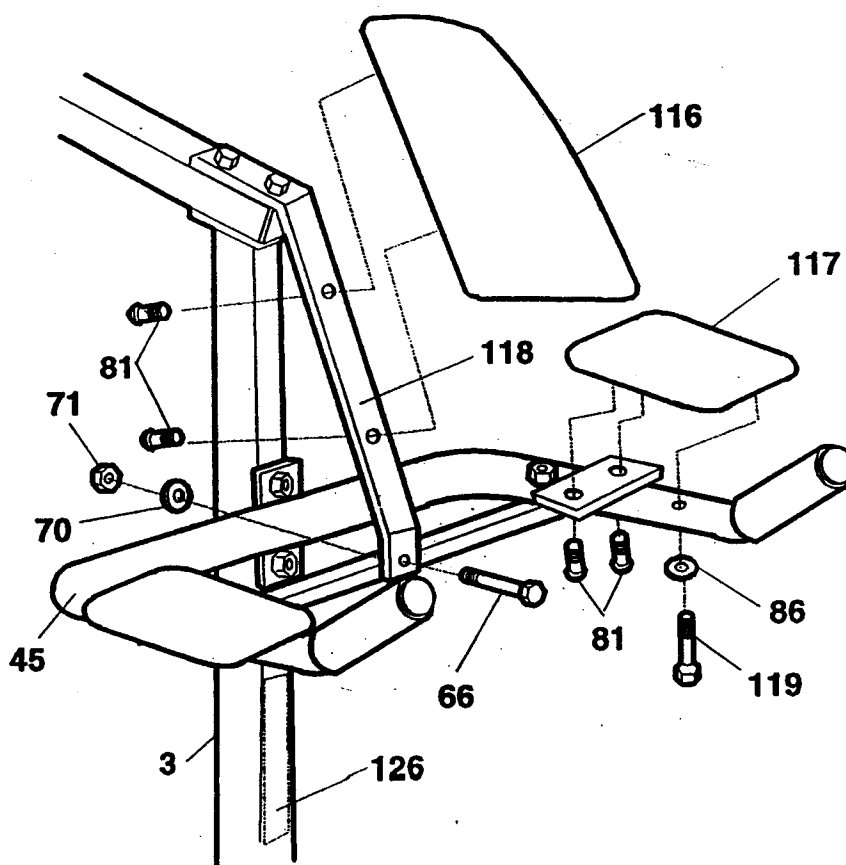
- ☐ Attach the AB FLEX ARM (45) assembly to the STEPPER FRAME UPRIGHT (3) by first assembling 5/16" FLAT WASHERS (70) onto two 5/16" X 2 3/4" HEX HEAD BOLTS (62) and then bolting through the Upright and then through the welded bracket on the Ab Flex Arm. Secure with 5/16" NYLON LOCK NUTS (71).



- ☐ Fasten the BACK SUPPORT BRACKET (118) to the AB FLEX ARM CONNECTOR TUBE (44) using a 5/16" X 2" HEX HEAD BOLT (66) to bolt through the bottom hole of the Bracket and then through the center hole in the Ab Flex Arm Connector Tube. Place a 5/16" FLAT WASHER (70) onto the Bolt and secure with a 5/16" NYLON LOCK NUT (71).

- ☐ Attach the AB FLEX BACKREST (116) to the BACK SUPPORT BRACKET (118) using 1/4" X 3/4" MACHINE SCREWS (81) to bolt through the back of the Bracket and then into the Backrest.

- ☐ Attach the ARM PADS (117) to the AB FLEX ARM (45) by first assembling 1/4" FLAT WASHERS (86) onto two 1/4" X 1 1/4" MACHINE SCREWS (119) and bolting up through the front hole locations of the arms of the Ab Flex Arm and then into the Arm Pads. Attach the rear of the Arm Pads to the welded brackets on the Ab Flex Arm using 1/4" X 3/4" MACHINE SCREWS (81) to bolt up through the welded brackets and then into the Arm Pads.



- ☐ Remove the VERTICAL AB FLEX DECAL (126) from the backing and attach to the UPRIGHT (3) below the AB FLEX ARM (45) assembly.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

EXERCISE INTENSITY

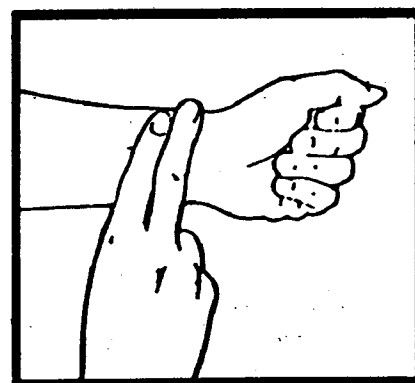
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: **1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR** exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles

